



2024/2025 WHTA Research Update – Childbearing Year

GENERAL INFORMATION

The 2024 / 2025 WHTA Research Update is on “The Childbearing Year”. As such, all research reviewed will have a primary focus of pregnancy and the first 3 months postpartum, with some topics covered up to 1 year postpartum (eg research on recovery of levator ani muscle avulsion, postpartum prolapse, DRAM etc).

The total duration is expected to be 24hrs, however, for the first time WHTA will be splitting its research update into 2 halves:

PART A (12hrs) will be run in **NOVEMBER 2024** but will focus on conditions **DRAM, Exercise in Pregnancy, PGP in Pregnancy / Postpartum etc**

❖ LIVE ONLINE ONLY : 3 x 4hr live online sessions with a recording available afterwards

Notes: There will be two live online options for each session and participants can choose which option of each session they attend.

To be eligible to receive the recording participants need to attend at least one session live online.

PART B (12hrs) will be run in **MARCH 2025** and will focus on **Pelvic floor function / dysfunction / trauma across pregnancy, birth and early PP**

❖ OPTION 1 - LIVE ONLINE: 3 x 4hr live online sessions with a recording available afterwards

Notes: There will be two live online options for each session and participants can choose which option of each session they attend

To be eligible to receive the recording participants need to attend at least one session live online.

❖ OPTION 2: FACE-TO-FACE on 3-night Royal Caribbean ‘Quantum of the Seas’ cruise out of Brisbane from Friday Mar 7th to Mon Mar 10th

○ Friday afternoon / night board cruise and meetup / socialise with colleagues

○ Saturday: 6hrs teaching 8 am – 11am (lunch / relax from 11 – 1) 1pm – 4pm Evening Social with Colleagues

○ Sunday: 6hrs teaching 8 am – 11am (lunch / relax from 11 – 1) 1pm – 4pm Evening Social with Colleagues

○ Monday morning disembark the cruise

Note: participants who attend Face-to-Face on the cruise will get the recording of the live online sessions in May.

PART A: NOVEMBER 2024**covering DRAM; pelvic girdle pain; exercise in pregnancy etc**

PART A of the 2024/2025 WHTA Research Update consists of 12 hours of education reviewing the recent research on scenarios across pregnancy and the first year postpartum that commonly present to physiotherapy that are NOT related to pelvic floor dysfunction.

This may include Diastasis Rectus Abdominis, Pregnancy related Pelvic Girdle Pain, Persistent PGP Postpartum, Exercise in Pregnancy etc.

Will be held as 3 x 4hr LIVE ONLINE sessions (S1-3)

There will be 2 options for each session, and a recording available afterwards.

Participants can mix and match between option 1 and option 2 for each of the sessions, and are only required to attend a minimum of 1 live online session to be eligible for the recording.

OPTION 1 for each Session (across 1.5 days)

SESSIONS (4hrs each)	Dates: Friday 15th and Sat 16th November 2024				Dates: Saturday 16th and Sun 17th November 2024			
	DAY	LOS ANGELES	NEW YORK	LONDON	DAY	PERTH / SINGAP	SYDNEY/MELB	AUCKLAND
Session 1	Fri 15 th	1PM – 5PM	4PM – 8PM	9PM – 1AM	Sat 16 th	5AM – 9AM	8AM – 12PM	10AM – 2PM
Session 2	Fri 15 th	6PM – 10PM	9PM – 1AM	2AM – 6AM (sat)	Sat 16 th	10AM – 2PM	1PM – 5PM	3PM – 7PM
Session 3	Sat 16 th	1PM – 5PM	4PM – 8PM	9PM – 1AM	Sun 17 th	5AM – 9AM	8AM – 12PM	10AM – 2PM

OPTION 2 for each Session (2 across 3 days)

SESSIONS (4hrs each)	Dates: Fri 22nd; Sat 23rd and Sun 24th November 2024				Dates: Sat 23rd; Sun 24th; Mon 25th Nov			
	DAY	LOS ANGELES	NEW YORK	LONDON	DAY	PERTH / SINGAP	SYDNEY/MELB	AUCKLAND
Session 1	Fri 22 nd	10AM – 2PM	1PM – 5PM	6PM – 10PM	Sat 23 rd	2AM – 6AM	5AM – 9AM	7AM – 11AM
Session 2	Sat 23 rd	10AM – 2PM	1PM – 5PM	6PM – 10PM	Sun 24 th	2AM – 6AM	5AM – 9AM	7AM – 11AM
Session 3	Sun 24 th	10AM – 2PM	1PM – 5PM	6PM – 10PM	Mon 25 th	2AM – 6AM	5AM – 9AM	7AM – 11AM

PART B: MARCH 2025

covering pelvic floor across pregnancy / postpartum

PART B of the 2024/2025 WHTA Research Update consists of another 12hours of education, this time reviewing the recent research on assessment, management and giving of advice with respect to pelvic floor function across pregnancy and the first year postpartum

Participants can attend Part B either:

1. **FACE-TO-FACE** as 2 x 6 hr education days on board a 3night cruise out of Brisbane*
2. **LIVE ONLINE** across 3 x 4hr online sessions, with 2 options for each session*

*attendees at the face-to-face course and those who attend at least one live online session will be eligible to receive the recordings of the live sessions at a later date.

FACE-TO-FACE OPTION

Royal Caribbean – Quantum of the Seas

Friday March 7th – Monday March 10th

Training Sat and Sunday from 8.30am – 11.30am and 1.30pm – 4.30pm (6hrs per day)

ONLINE - OPTION 1 for each Session (across 1.5 days)

SESSIONS (4hrs each)	Dates: Friday 14 th and Sat 15 th March 2025				Dates: Sat 15 th and Sun 16 th March 2025			
	DAY	Los Angeles	New York	LONDON	DAY	PERTH / SINGAP	SYDNEY/MELB	AUCKLAND
Session 1	Fri 15 th	1PM – 5PM	4PM – 8PM	9PM – 1AM	Sat 16 th	5AM – 9AM	8AM – 12PM	10AM – 2PM
Session 2	Fri 15 th	6PM – 10PM	9PM – 1AM	2AM – 6AM (sat)	Sat 16 th	10AM – 2PM	1PM – 5PM	3PM – 7PM
Session 3	Sat 16 th	1PM – 5PM	4PM – 8PM	9PM – 1AM	Sun 17 th	5AM – 9AM	8AM – 12PM	10AM – 2PM

ONLINE - OPTION 2 for each Session (across 3 days)

SESSIONS (4hrs each)	Dates: Fri 21 st ; Sat 22 nd and Sun 23 rd March 2025				Dates: Sat 22 nd ; Sun 23 rd ; Mon 24 th March 2025			
	DAY	LOS ANGELES	NEW YORK	LONDON	DAY	PERTH / SINGAP	SYDNEY/MELB	AUCKLAND
Session 1	Fri 22 nd	10AM – 2PM	1PM – 5pm	6pm – 10pm	Sat 23 rd	2am – 6AM	5AM – 9AM	7AM – 11AM
Session 2	Sat 23 rd	10AM – 2PM	1PM – 5pm	6pm – 10pm	Sun 24 th	2AM – 6AM	5AM – 9AM	7AM – 11AM
Session 3	Sun 24 th	10AM – 2PM	1PM – 5pm	6pm – 10pm	Mon 25 th	2AM – 6AM	5AM – 9AM	7AM – 11AM

GENERAL INFORMATION continued.....

PRICING for the COURSE (same price whether attended online or face-to-face)

Note: Participants can enrol in Part A or Part B only, or will receive a reduced rate if they enrol in both parts.
 In addition, participants will receive a 12% discount for each research update they have attended since 2020 (up to a max of 48% discount)

NOTE: cut-off dates are assuming enrolment includes Part A; standard fee cut off is 20th Feb if only enrolling in Part B

ENROL BOTH Part A <u>AND</u> Part B (24hrs)	EARLY BIRD till 11.59pm 15 th Aug	STANDARD RATE till 11.59pm 30 th Oct 2024	LATE ENROLMENT After 30 th October 2024
Base Price	\$550 for both	\$620 for both	\$690 for both
DISCOUNTED RATES BASED ON NUMBER OF PREVIOUS RESEARCH UPDATES ATTENDED*			
with 12% discount (1 prev updates)	\$484 for both	\$546 for both	\$607 for both
with 24% discount (2 prev updates)	\$418 for both	\$472 for both	\$525 for both
with 36% discount (3 prev updates)	\$363 for both	\$397 for both	\$442 for both
with 48% discount (4 prev updates)	\$286 for both	\$323 for both	\$359 for both
*2020 – 2023 WHTA Research Updates			

ENROL BOTH Part A <u>OR</u> Part B (12hrs)	EARLY BIRD till 11.59pm 15 th Aug	STANDARD RATE till 11.59pm 30 th Oct 2024	LATE ENROLMENT After 30 th October 2024
EARLY BIRD Base Price	\$340each	\$380each	\$420each
DISCOUNTED RATES BASED ON NUMBER OF PREVIOUS RESEARCH UPDATES ATTENDED*			
with 12% discount (1 prev updates)	\$300each	\$335each	\$370 each
with 24% discount (2 prev updates)	\$259each	\$289each	\$319each
with 36% discount (3 prev updates)	\$225each	\$243each	\$269each
with 48% discount (4 prev updates)	\$177each	\$198each	\$218each
*2020 – 2023 WHTA Research Updates			

PRICING for the CRUISE: including 3 nights accommodation and all meals (not including alcohol or wifi)

IMPORTANT!!!.....

To be eligible to attend the course on the cruise (for cruise management to allow you to enter the conference room....**participants will need to book their cruise through WHTA GROUP BOOKING .** Physiotherapists who book their own cruise independently are not allowed to attend the conference room (this is Royal Caribbean policy not WHTA policy)



PRICING if booked and \$500 Cabin Deposit Paid prior to 15th June 2024

QUAD ROOMS: KING or TWIN plus Double Sofa Bed (best for children)

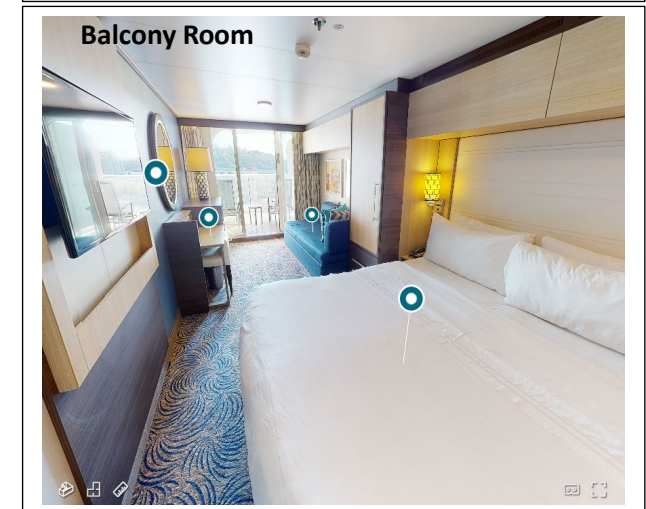
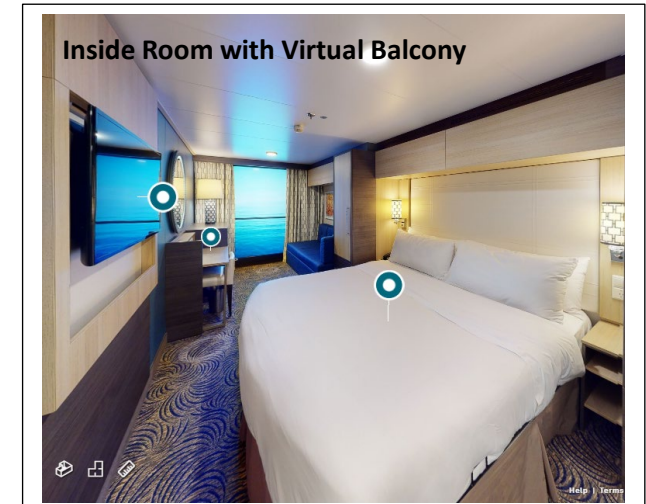
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| ❖ PORTHOLE QUAD | \$2560 per cabin | \$640pp |
| ❖ BALCONY QUAD | \$2880 per cabin | \$720pp |

TRIPLE ROOMS KING or TWIN plus SINGLE SOFA bed

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|-------------------|------------------|----------------|
| ❖ INSIDE TRIPLE: | \$1950 per cabin | \$650pp |
| ❖ BALCONY TRIPLE: | \$2415 per cabin | \$805pp |

TWIN ROOMS KING or TWIN

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|----------------|------------------|----------------|
| ❖ INSIDE TWIN: | \$1440 per cabin | \$720pp |
| ❖ BALCONY TWIN | \$1770 per cabin | \$885pp |



IMPORTANT INFORMATION re CRUISE OPTION

1. BOOKINGS – must be via WHTA

Only those who book a cruise cabin via WHTA will be eligible to access the conference rooms for the Face-to-Face Course
IMPORTANT: Royal Caribbean policy is that persons who self-book the cruise are not eligible to attend the conference rooms.
Therefore cabin rooms must be booked as part of a group booking with WHTA.

2. PRICES AND INCLUSIONS are determined by Royal Caribbean and are based on set prices for all bookings until 15th June.

It is the participants responsibility to review the Royal Caribbean Website and understand inclusions on a “base cabin fare” eg optional extras that are not included in the base fare are alcohol/drinks packages, premium desserts and fitness classes, wifi packages etc.

3. PAYMENTS

A deposit of at least \$500 per cabin is required by WHTA by the 15th June 2024 or the cabin booking will be cancelled.

PAYMENT SCHEDULE

- \$500 per cabin by 15th June
- Additional \$500 per cabin by 15th August
- Final payment (balance of cabin fee) by 24th August

4. CANCELLATION FEES

- PRIOR TO 30th JUNE: \$100 per cabin
- 1st JULY to 30th AUGUST: \$300 per cabin
- 1st SEPT to 30th NOVEMBER: \$500 per cabin
- 1st DEC to 30th JANUARY: 50% of cabin fee
- After 1st FEBRUARY: 100% of cabin fee