



www.amp-healthcare.ca

@amp_healthcare

Course Listing: Menopause — An Integrative Approach to MSK & Pelvic Health

Offered by: AMP Healthcare Education

Website / Course Page: <https://www.amp-healthcare.ca/course/menopause>

Course Overview

Menopause is a pivotal transition in life, whether naturally occurring or medically induced, and it can contribute to musculoskeletal pain, mobility challenges, and functional limitations. This course equips rehabilitation providers with evidence-based strategies to assess, treat, and support clients through a menopause-informed lens.

Using a biopsychosocial approach, participants will learn how hormonal, neuromuscular, cardiovascular, gastrointestinal, and urinary changes intersect with movement and recovery. Real-world case studies will be used to foster clinical reasoning and practical application.

Format & Schedule

Component	Description
Format	Hybrid: Pre-recorded lectures + 2 days of live virtual workshops
Dates	Live Workshops: November 8 & November 15, 2025
Time (PST)	November 8 (Sunday): 8:00 AM – 1:00 PM November 15 (Saturday): 8:00 AM – 1:00 PM
Pre-course Work	~5 hours of viewing/reading prior to live sessions
Live Workshop Duration	~10 hours total
Location	Delivered fully online (virtual)



www.amp-healthcare.ca

@amp_healthcare

Instructor

Dr. Susan C. Clinton, PT, DScPT, OCS, WCS, COMT, FAAOMPT, WHC, NBC-HWC



- Board-certified clinician, researcher, and educator
- International instructor and mentor in women's health, manual therapy, and clinical reasoning
- Author and active speaker in the areas of pain, rehabilitation, and women's health

Learning Objectives

By the end of this course, participants will be able to:

1. Explain neuroendocrine, musculoskeletal, and physiological changes during the menopausal transition and their implications for movement and function.
2. Differentiate between natural and medically induced menopause, and analyze their distinct effects on neuromuscular function, joint integrity, tissue healing, and pain perception.
3. Evaluate the evidence for hormone replacement therapy (HRT) and other medical treatments in the context of rehabilitation.
4. Identify key environmental and lifestyle factors (nutrition, stress, sleep, physical activity) that interact with menopause and influence movement impairments.



5. Recognize how menopause interacts with common MSK conditions (e.g. osteoporosis, pelvic floor dysfunction, tendinopathies, osteoarthritis) and impacts therapy outcomes.
6. Use specialized intake forms, movement-based assessments, and clinical reasoning tools tailored to menopausal clients.
7. Implement integrative, biopsychosocial interventions—including manual therapy, exercise prescription, neuromuscular retraining, and behavioral strategies—to optimize outcomes.
8. Apply clinical case analyses to create individualized treatment plans for diverse patient presentations affected by menopause.

Clinical Case Studies & Application

This course includes case-based learning across a variety of scenarios, such as:

- A 55-year-old active female with chronic low back pain and pelvic floor dysfunction linked to menopausal changes
- A 48-year-old peri-menopausal runner with tendon pain and bone stress related to hormonal fluctuation
- A 60-year-old post-menopausal patient recovering from rotator cuff surgery challenged by sarcopenia and stiffness
- A 52-year-old breast cancer survivor with medically induced menopause facing joint pain, fatigue, and cognitive symptoms

Each case will emphasize assessment adaptation, movement retraining, intervention strategies, and patient education.



Target Audience

This course is ideal for rehabilitation providers (physiotherapists, occupational therapists, manual therapists, pelvic health specialists, etc.) interested in integrating a menopause-informed perspective into assessment and treatment.

Assessment & Certification

- Participants will engage in interactive workshops, discussion, and Q&A to assess learning in real time
- A course certificate will be awarded upon completion
- Learner evaluations will be collected at the conclusion

Fee & Cancellation Policy

Item	Detail
Course Fee	\$650 CAD (inclusive of tax)
Cancellation Fee	10% cancellation charge for refunds requested more than one month before course start
No refunds	Within one month of start date
Course Cancellation (by AMP)	Full refunds will be issued if workshop is cancelled by AMP due to low enrollment or other circumstances beyond our control. Processing time: 5–10 business days.

Note: AMP reserves the right to modify, postpone, or cancel due to presenter availability, severe weather, power failures, or other unforeseen events.

Cancellation/refund requests should be directed to admin@amphealthcare.ca.