



Too Pooped to Play: Assessment and Treatment of Functional Constipation in the Therapeutic Setting

Friday, October 9, 2026
VIRTUAL CONFERENCE

Course Overview

Constipation is a common, but often overlooked, condition that significantly impacts a child's daily function, participation and development. This course explores the critical role occupational and physical therapists play in the comprehensive evaluation and treatment of pediatric constipation. Attendees will learn how to assess underlying musculoskeletal, sensory, behavioral, and interoceptive factors contributing to constipation, in order to implement evidence-based interventions to support toileting success through a multidisciplinary perspective. This course will empower therapists to develop individualized treatment plans that promote bowel regularity, enhance participation in play and daily routines, and reduce the long-term impact of chronic constipation in children.

Course Objectives

- Apply knowledge of the medical diagnosis and management of constipation to guide therapeutic decision-making
- Interpret key history and exam findings consistent with a diagnosis of constipation
- Compare components of the toileting process impacted by constipation to inform intervention planning
- Select and justify appropriate therapeutic interventions for constipation for a variety of ages and functional levels
- Integrate social considerations into treatment planning for constipation management

General Information

The conference will be held virtually on Friday, October 9, 2026. This course is appropriate for OTs, COTAs, PTs and PTAs. All healthcare professionals are welcome to register.

Course Registration Fees

Professionals: \$225

Students: \$99

Register: chop.cloud-cme.com



American
Occupational Therapy
Association

Approved Provider

The Children's Hospital of Philadelphia is an AOTA Approved Provider (#4878) of professional development course approval ID# 13678. This live event is approved for 7.5 CEUs hours after completion of the program and post-test for Intermediate-level Occupational Therapy learners, under the category of Foundational Knowledge and OT Service Delivery.

AOTA does not endorse specific course content, products, or clinical procedures.

Physical Therapy Accreditation

The content of this course has been submitted for 7.5 Physical Therapy CEUs (7.5 contact hours) in the States of Pennsylvania and New Jersey. CEUs have been preapproved for the State of New York. If you require PT CEUs in a different state, please contact the course coordinator to obtain materials for submission.

Cancellation and Refund Policy

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees, less a service charge, but is not responsible for any related costs. In order to process refunds for course withdrawals, cancellations must be received in writing by Friday, October 2, 2026. No refunds will be issued thereafter. Refunds will be issued for the amount of registration minus a \$50 service charge.

Services for People With Disabilities

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263 or via email at CMEOFFICE@chop.edu at least two weeks in advance so that we may provide you with the services you require during the conference.



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PROGRAM

Friday, October 9, 2026 (Eastern Standard Time)

- 8:00 a.m. **Welcome and Introduction**
- 8:10 a.m. **Overview of Medical Diagnosis and Management**
Jennifer Webster, DO, MSHP
- 9:35 a.m. **Break**
- 9:45 a.m. **Pelvic Health Therapy Evaluation**
Sarah Cooper, PT, DPT and Michelle Hsia, MS, OTR/L
- 11:30 a.m. **Pelvic Health Therapy Treatment: Early Childhood & Developmental Stages**
Caroline Bergh, PT, DPT, RYT-200
- 12:20 p.m. **Lunch**
- 12:50 p.m. **Pelvic Health Therapy Treatment: School-Age and Adolescent Populations**
Karen Dillon, PT, DPT
- 1:40 p.m. **Modalities**
Andrea Branas, PT, DPT, MSE
- 2:30 p.m. **Break**
- 2:40 p.m. **Self-Care Skills & Sensory-Interoceptive Integration**
Abigail Gilmore, MS, OTR/L
- 3:30 p.m. **Behavioral Management and Social Considerations**
Kari F. Baber, PhD and Kelly O'Neil Rodriguez, PhD
- 4:30 p.m. **Closing Remarks**

Unless otherwise noted, faculty is from the Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

Course Directors

Megan Beam, PT, DPT
*Pediatric Clinical Specialist
Education & Development Coordinator
Center for Rehabilitation*

Caroline Bergh, PT, DPT, RYT-200
*Physical Therapist III
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Meghan Burkhardt, MS, OTR/L, BCP
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Course Faculty

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Department of Pediatrics/
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