

physicaltherapy

TREATMENT OF PELVIC PAIN

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treatment of pelvic pain

Chronic pelvic pain is a common condition resulting in muscle spasms, tightness, and a weakness of the pelvic floor muscles. A recent study of 5,000 women, ages 18 to 50, indicated that one in seven women experiences chronic pelvic pain. Women with this condition may experience discomfort while sitting, with urination and bowel movements, and during intercourse.

COMMON CAUSES OF CHRONIC PELVIC PAIN

- > Sacroiliac dysfunction
- > Interstitial Cystitis
- > Low back pain
- > Vulvodynia
- > Childbirth
- > Irritable bowel syndrome
- > Episiotomy
- > Pelvic surgery
- > Endometriosis
- > Traumatic fall

Meet our therapy team
at www.edward.org/rehab

PHYSICAL THERAPY CAN HELP

At Edward Rehab, we have physical therapists who are specially trained in managing pelvic floor muscle conditions. Since chronic pelvic pain involves the muscles, soft tissues, and joints of the pelvis, spine, and hips, a thorough evaluation will be performed by your physical therapist at Edward Rehab to determine the appropriate treatment.

Treatment may include:

- > [Manual therapy](#) to improve muscle and joint mobility.
- > [Biofeedback](#) to retrain appropriate pelvic floor motor control including resting tone.
- > A [specific exercise program](#) to restore the stability and motor control that is needed for daily function.

Your physical therapist will guide you in the self-management of your condition because consistent follow-through at home is essential to achieving optimal rehab results. We will design a home program specifically for you.

You can visit www.edward.org/rehab or contact our office to let us assist you and answer your questions.