



Pelvic pain

Who can have pelvic pain? Anyone.

There are many causes of pelvic pain including:

- Musculoskeletal impairments, which are conditions effecting your bones, joints, and connective tissues, like fibromyalgia, pelvic floor muscle tension, inflammation of any joints in the pelvis, and hernia
- Painful intercourse
- Psychological factors, including depression, or a history of sexual or physical abuse
- Endometriosis
- Fibroids, or uterine growths that may cause pressure or feeling of heaviness in the lower abdomen
- Irritable bowel syndrome, bloating, constipation or diarrhea
- Painful bladder syndrome, a recurrent pain in the bladder with a frequent need to urinate as the bladder fills
- And more

Who can help? A physical therapist.

Pelvic floor physical therapy can be used to treat:

- Chronic pelvic pain
- Urinary incontinence (urine leakage)
- Weak muscles after childbirth
- Vaginismus (vaginal tightness)
- Pelvic organ prolapse
- Causes of dyspareunia (painful intercourse)
- Vulvodynia (painful vulva)
- Vulvar vestibulitis (burning pain in the vaginal area)
- Painful intercourse

Pelvic floor muscle weakness and tension contribute to many of these conditions. Postural and joint alignment can prevent muscles from working their best.

How physical therapy works

Physical therapy offers ways you can use to retrain your pelvic floor muscles. Therapy helps improve muscle and tissue function along the floor of the pelvis, which can help decrease or eliminate pain.

If you believe that these services could be beneficial to any of your patients now or in the future, please consider referring them to Mercyhealth Sports Medicine and Rehabilitation Center–Walworth.

Mercyhealth Sports Medicine and Rehabilitation Center–Walworth

Hwys. 50 and 67, N2950 State Rd. 67
Lake Geneva, WI
(262) 473-0410

mercyhealthsystem.org

