



Female Pelvic Pain

Several studies have shown that the musculoskeletal system is often a primary or secondary cause of pelvic pain in women; therefore, physical therapy plays a **major** role in the diagnosis and treatment of female pelvic pain.

Common Symptoms of pelvic pain:

- provoked or unprovoked vulvar, vaginal, clitoral, perineal or anal pain
- dyspareunia
- pain following sex
- interlabial, vulvar or genital itching
- painful urination, urinary hesitancy, urgency, and/or frequency
- abdominal and groin pain
- sacroiliac joint pain/instability
- constipation
- painful periods
- difficulty wearing jeans, pants, or underwear
- pain with sitting
- difficulty exercising

Associated Diagnoses: these are medical diagnosis that are associated with a tight and hypertonic pelvic floor/pelvic pain.

- Interstitial Cystitis/Painful Bladder Syndrome
- Vulvodynia/Vestibulitis
- Clitorodynia
- Persistent Genital Arousal Disorder (PGAD)
- Endometriosis
- Irritable Bowel Syndrome
- Tailbone pain/coccydynia
- Proctalgia Fugax
- Pelvic Girdle Pain
- Polycystic Ovarian Syndrome (PCOS)
- Sacroiliac Joint Dysfunction



Evaluation and Treatment

During a patient's first appointment at Complete Physical Therapy a medical history will be taken and followed by an external and/or internal musculoskeletal examination. The patient is in full control of the appointment and between the patient and therapist a plan of care will be created. If the patient wants to have another person in the room they are welcomed.

Your initial evaluation may include:

- Postural and structural assessment
- Evaluation of connective tissue in the abdomen, back, pelvis and lower extremities
- Myofascial evaluation of the pelvic girdle muscles
- Examination to identify myofascial trigger points in the pelvic girdle and pelvic floor muscles
- Pelvic floor muscle examination (done by gently inserting a gloved, lubricated, finger into the anus) to assess muscle tone, motor control, strength, nerve and coccyx tenderness
- Evaluation of muscle strength
- Skin inspection

Following the physical examination, your physical therapist will discuss your physical findings, their assessment, and your prescribed treatment plan. This will include the suggested frequency and duration of physical therapy.

The treatment you will receive at Complete PT will be 100% one-on-one physical therapy. Another important asset at Complete PT is patient and therapist communication is vital and valued. Prior to your first appointment and throughout the treatment process, you will have access to your PT to ask questions or discuss concerns. It is our commitment that in every area of treatment, we will take that extra step to make sure that you or a loved one receives the best treatment possible to meet your goals.