


DID YOU KNOW?

- Perineal pain occurs in 42% of women immediately after delivery.
- 31% of women who have had their first baby still have pain with sexual intercourse 6 months later.
- This pain can last longer and occurs more frequently with assisted delivery such as (vacuum, forceps and breech delivery).

Scar tissue can form after delivery and be a source of pain for many women post-partum and cause the tissues around the scar to tighten up and lack proper blood flow which can lead to pain and tight pelvic floor muscles and tissues.

For more information or to book an appointment, visit us online or give us a call.

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THE PELVIC FLOOR: PELVIC PAIN CONDITIONS

DID YOU KNOW

- About 70-85% of people will have back pain at some point in their lives.
- Up to 60% may have ongoing pain syndromes
- Pelvic girdle pain affects 1 in 5 women.
- Persistent pelvic pain is highly prevalent and often misdiagnosed.
- Unresolved low back pain and hip pain can be due to a pre-existing pelvic floor condition.
- Performing Kegel exercises can actually make some painful, tight pelvic floor conditions worse.

THERE ARE *several* REASONS FOR EXPERIENCING PELVIC PAIN SUCH AS CONDITIONS LIKE:

VULVODYNIA: pain associated around the vulva that can be described as burning sensation with sexual intercourse, or inserting a tampon

DYSPAREUNIA: pain with intercourse

DYSMENORRHEA: pain that occurs with menstrual periods

These types of conditions can lead to increased sensitivity of these tissues as well as increased muscle tension in the pelvic floor muscles that may be contributing to pelvic pain. Women are also likely to experience other pain and inflammatory syndromes like fibromyalgia, painful bladder syndrome, irritable bowel syndrome (IBS) and temporomandibular (TMJ) disorder

PHYSIOTHERAPY **CAN** HELP!



- Manual therapy such as mobilizing and releasing scar tissue and gentle connective/muscle release can help treat these painful syndromes in the external and internal tissues of the pelvic floor.
- Specific exercises such as relaxation techniques can help release tension points, increasing awareness and control of these muscles.
- Guided meditations and mindfulness, cognitive behavioural therapy, pain biology education, yoga and imagery-based exercises have been proven to be effective for desensitizing the tissue and help with treatment of persistent pelvic pain conditions.
- Encouraging women to take control of their condition through education, exercise and empowerment.
 - Educating women on a healthy active lifestyle with good nutrition and improved sleep will also help to reduce inflammation and improve the function of the pelvic girdle and quality of life

WHAT HAPPENS TO THE PELVIC FLOOR DURING PREGNANCY AND POST-PARTUM?

The pelvic floor muscles undergo a lot of stretching and tension during pregnancy and can experience some trauma to the muscles during the active labour and delivery. Most pelvic pain is related to perineal trauma such as an episiotomy or tearing