

## PELVIC PAIN

Pelvic pain predominately affects women, though men may suffer with pelvic and/or rectal pain as well. It can be a debilitating form of pain, causing difficulty with sitting, urinating, and intercourse. Once your doctor rules out other medical causes (such as fibroids, cysts, enlarged prostate, or infections), dysfunction of the pelvic floor muscle may be the cause. There are several types of problems that fall under “pelvic pain” See below for a list of specific medical diagnoses potentially related to pelvic floor dysfunction that may respond to physical therapy treatment.

At Clemens Physical Therapy we are able to treat the pelvic floor dysfunction that may be causing pain. We have experience and expertise in working with this special type of problem. Treatment is provided in a small, comfortable, caring environment with extensive explanations regarding your plan of care and special consideration to the sensitive nature of the problem. Our approach works well along with medication and other treatments provided by your physician or health care provider.

*\* for more information, go to **SEARCH** on our website and type in **PELVIC PAIN** or try one of the specific diagnoses listed below*

### SYMPTOMS

- Pelvic, abdominal, or low back pain
- Pain or difficulty with urination or bowel movements
- Frequent urination
- Constipation or diarrhea
- Painful intercourse
- Heavy feeling in pelvis
- Incontinence or loss of bladder control

### DIAGNOSES

- Dyspareunia or Vaginismus (painful intercourse)
- Endometriosis
- Vulvodynia or vestibulodynia (pain in vulvar area)
- Levator Ani or pelvic floor muscle spasm
- Pudendal Neuralgia
- Interstitial Cystitis
- Prostatitis (non-infectious)
- Pelvic Organ Prolapse (fallen bladder or rectum)
- Irritable Bowel Syndrome
- Adhesions or scars
- Coccygodynia (tailbone pain)

### TREATMENTS AT CLEMENS PHYSICAL THERAPY

**Manual “hands-on” therapy:** Very gentle treatment designed with people with pelvic pain in mind. The goal is to stretch tight muscles of the back, pelvis, and pelvic floor and mobilize joints without aggravating symptoms.

**Biofeedback:** Used to teach relaxation techniques or to retrain muscles to perform correctly and efficiently. Uses a computer screen to “see” body processes.

**Modalities:** Moist heat, ice, ultrasound, or electrical stimulation to decrease pain and inflammation and loosen tight muscles.

**Exercise:** Very gentle strengthening and stretching programs designed with people with pelvic pain in mind. The goal is to restore function and prevent future problems.

**Education:** Addresses safe lifting techniques, work/activity modification, posture awareness, and prevention measures. Self-help techniques to help you maintain your progress on your own

#### Clemens Physical Therapy PLLC

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# CLEMENS PHYSICAL THERAPY, PLLC

## Why We Are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

## How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**  
**304-842-6008**

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