

Your Path to Improved Health PELVIC PAIN



www.erasosaphysio.com



www.gwha.ca
www.uoguelph.ca/hpc

Our clinics are conveniently located and offer extended morning and evening appointments to accommodate your busy schedule.

EPA clinics. Give us a call today!

ACTON	519.853.9292
BURLINGTON	905.315.7746
CAMBRIDGE / HESPELER	519.220.1794
CONESTOGA COLLEGE	519.748.5131 x3585
ELORA	519.846.9919
GEORGETOWN	905.873.3103
ORANGEVILLE	519.940.8993
GUELPH - BULLFROG MALL	519.767.9950
GUELPH - HEALTH AND PERFORMANCE CENTRE	519.767.5011
GUELPH WOMEN'S HEALTH ASSOCIATES	519.780.0606



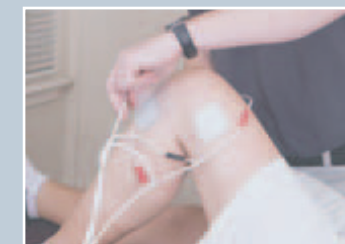
Our EPA clinics are conveniently located with today's busy schedules in mind. Our professional, friendly team will welcome you to the clinic and assist you in the following ways:

- billing inquiries and payment options
- health insurance provider information (WSIB, MVA, private health insurance)
- booking convenient appointments
- collecting new patient information
- answering questions and directing any concerns to appropriate personnel

Our caring administrative team will also introduce you to your physiotherapist.

Additional services include:

- specialized programs for shoulder, back and knee pain
- post-surgical rehabilitation
- acupuncture
- sports injuries - specialized programs designed for the prevention and treatment of injuries
- massage therapy
- motor vehicle accident injuries
- work-related injuries
- several clinic sites offer women's health programs for breast cancer and osteoporosis
- Fit to Move™ Lifestyle Assessment for the prevention of heart disease, diabetes and stroke
- several sites offer custom brace fitting and other braces and support devices.



Your Path to Improved Health

Clarify. Collaborate. Treat. Discharge and Review.



1 Clarifying your Pelvic Pain Concerns:

Most individuals who experience **Pelvic Pain** suffer in isolation. They are hesitant to disclose their concerns for fear of the unknown or the likely pelvic examination. Individuals with **Pelvic Pain** are often reluctant to even speak to their partners out of embarrassment or concern about their partner's reaction and how it may affect their relationship.

Pelvic Pain is most often caused by dysfunctions like: tightening and/or shortening of the pelvic floor muscles, fascia and ligaments. When the pelvic floor muscles are functioning optimally, they maintain urinary and fecal continence and allow for pain free and pleasurable sexual intercourse.

With **Pelvic Pain**, the muscle can be hypertonic (increased tension in the muscles and ligaments) or have trigger points, resulting in:

Urinary symptoms including frequency, urgency, painful urination or incomplete emptying of the bladder.

Bowel dysfunction like constipation or diarrhea, a constant need to strain to achieve a bowel movement, incomplete emptying and pain with bowel movements.

Unexplained shooting and sporadic pain into your low back, pelvic region, hips and genital (vaginal and/or rectal) areas.

Pain during or after intercourse, orgasm or sexual stimulation.

2 Treatments to Improve your Health

Through our **Path to Improved Health**, we address the causes of your pelvic pain using:

A Comprehensive Health History

An internal and external assessment of your ability to contract and relax the pelvic floor muscles as well as an assessment of your lower back, hips and sacro-iliac joints as these joints can stress your pelvic floor muscles and refer pain into your pelvic area.

Hands on techniques to address the tissue health in the pelvic floor region. Once the tissue health has been addressed strengthening exercise will be introduced.

Education of the specific progression of any strengthening and stretching exercises as well as education about activities that can exacerbate your symptoms;

- Persistent pain education is also an important part of treatment since the pelvic area is where we often can hold our stress. By understanding how our pain system works, we can often reduce the threat of ongoing pelvic pain problems.
- Therapeutic modalities, when indicated such as acupuncture, muscle stimulation, biofeedback.

3 Common Causes of Pelvic Pain

Interstitial Cystitis/Painful Bladder Syndrome: Pain, frequency & urgency.

Endometriosis: The tissue that lines the uterus or womb grows outside of the uterus on other organs or structures in the body.

Myofascial Trigger points (Hypertonic muscles): Pain in the pelvic floor region, as well as urinary urgency and frequency.

Vulvodynia: a broad category of pelvic pain that is often diagnosed as:

Vestibulodynia: Pain at the vestibule or "front porch" of the vagina.

Vulvodynia: Pain in the superficial tissues of the vulva, particularly the labia majora and minora)

Clitorodynia: Pain at the clitoris.

Dyspareunia and Vaginismus: Painful vaginal intercourse or inability to achieve penetration due to pain.

Constipation: Can be a cause or effect of pelvic floor muscle dysfunction.

Sacroiliac Joint (SIJ) dysfunction: Leads to irritation in the lumbar spine and pelvic region.

Pudendal Neuralgia: The pudendal nerve supplies the rectum, vagina/penis, perineum and mons pubis. Irritation of this nerve can cause pain in the aforementioned areas. This nerve is often compromised during excessive sitting postures and activities like cycling.

Surgery: Surgical trauma can change the strength and integrity of the pelvic floor musculature and can lead to pain.

Psychological Factors: Stress, anxiety, depression, reduced self esteem and decreased quality of life can influence pain.

4 Discharge Review

To help keep you on the **Path to Improved Health** you will receive a home-based exercise program as a tool for you to prevent your injury from reoccurring.

Your primary healthcare provider will also receive an overview of changes, improvement of pain and overall function.

5 Discharge Peak Review

We want you to remain at the peak of your **Path To Improved Health** and will follow up on your progress after you are discharged from the clinic. You will receive a follow-up letter; and should you have any reoccurrences or would like to have another concern addressed, we invite you to return to the clinic at your convenience.

