Session Details

Session #: 217
Title: Pelvic Pain - Therapeutic Interventions
Speaker: Christina McManigal, PT, DPT, PRPC and Gina Clark, PT, DPT
Date: Friday, October 14
Time: 4:30-5:45pm
CE Contact Hours: 1.25
Pharm Hours: 0

Session Description

The purpose of this discussion is to familiarize practitioners with pelvic pain as it relates to mobility and sexual function; potential injuries from athletics, child birth or other traumas; postural effects on the pelvis; tissue memory; and healing of physical and emotional traumas held in the pelvis. The pelvis is a mystery to most men and women. In our society, discussing pelvic pain or incontinence is taboo. This can lead to a synaptic isolation of the pelvic region in the brain. Understanding that a mental disassociation with one’s body part hinders healing, and increases fear associated with dysfunction in that area is a key component of treating pelvic pain. As physical therapists, we work hands on with our patients to familiarize them with their anatomy, physiology, and root cause of pelvic pain which may be physical or psychological. We provide a comfortable environment to discuss sexual function, pain, fears and healing. We are able to assuage some anxiety, thus impacting the actual pain experience. Once a positive rapport is established, the physical therapist can move into physical treatment of scar tissue, muscle imbalances, rigid or flaccid muscles to restore proper function and improve the sexual experience if that is a patient objective.

Learning Objectives

Upon completion of this session, the learner will be able to:

1. Discuss knowledge of multiple layers of the pelvis so as to support differential diagnosis conclusions and patient care planning.
2. Describe the complex origins of pelvic pain; what is it, what causes it, and how does it affect everyday living for women in our communities?
3. Differentiate the possible causes of pelvic pain to consider when evaluating and diagnosing patients.
4. Discuss how to perform a subjective history regarding a patient’s pelvic pain, including the potentially sensitive emotional, and physical content surrounding it.

Disclosures

Conflict of Interest for Presenter:

• The presenter(s) of this session declare no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.