

# Simply Womens Health

## Chartered Physiotherapists - Specialists in Pelvic Pain

London Medical Centre, 144 Harley Street,

### Physiotherapy Release Work to improve circulation and normalise Tone

Increasingly CPP patients are turning to physiotherapy to help relieve their pain symptoms and finding significant benefit. A significant proportion of the urinary, bowel and sexual symptoms CPP patients experience are signs of Pelvic Floor Dysfunction – a problem that responds very well to physiotherapy.

Pain referred from the internal organs, such as the bladder, can result in tight short muscles with “trigger points”. Trigger points, also known as trigger sites or muscle knots, are described as hyperirritable spots in skeletal muscle that are associated with palpable nodules in taut bands of muscle fibres. These points may refer pain to the skin and muscles in the lower abdomen, low back, inner thighs and perineal area.

Irrespective of whether this musculo-skeletal dysfunction is a primary cause of symptoms or a consequence of pathology it is crucial to address this dysfunction to achieve a positive outcome for the patient. Pelvic floor dysfunction is rarely the result of a single event but often results from an accumulation of injury, trauma, poor health and response to stress. Significant pre-disposing factors include childbirth, chronic straining, recurrent UTIs, hyper-mobility, chronic anxiety, habitual postural loading and central nervous system sensitisation.

When pain is present, the pelvic floor muscles become short and tight, and need to be relaxed. Patients may have been recommended to use strengthening exercises, unfortunately these can exacerbate symptoms. Experienced specialist pelvic pain physiotherapists recommend the use of Manual Therapy to relax (rather than strengthen) the pelvic floor. Most pelvic-pain patients have connective-tissue restrictions and myofascial pain in specific areas. Manual therapy is used to release “tight” areas, to improve blood flow and reduce pain. Excellent results can be obtained when these physiotherapy techniques are combined with Breath Release work.

At Simply Womens Health, we have specialised pelvic floor physiotherapists who assess, treat and restore normal pelvic floor function. The results can often be astonishing, patients who have spent years seeking help may finally find relief and release from pain.

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### Recommended Mind /Body Work

#### General

- Reduce global Tension in the Body- Release your jaw, Shoulders and Pelvic Floor many times in the day hourly if necessary
- Lengthen and Align through the body , grow towards the sky!!!
- In Standing Breath in and release the pelvic Floor
- Do Cardio-Vascular work fast walking, dancing, swimming etc..
- Find some yoga postures that relieve and release tight muscles
- Rotational Release work releases blocked energy, perform in standing, sitting and lying
- Pause, body scan regularly, slow and deepen the breath
- Check and allow all emotions
- New Projects embrace, Build in variety to life
- Avoid Wheat, Take Vitamin D3, check out Mucosal repair programmes
- Practise Mindfulness/Acupuncture
- Build a team to help you break the cycle of tension , anxiety and pain

#### Local

- Massage daily abdominal and Pelvic area
- Gentle pressure on trigger points
- Ice or heat as required
- Perform Pelvic Stretches see attached sheet
- Practise Pelvic Paradoxical Relaxation
- Don't perform exercises that produce Holding Tension Patterns around the Pelvic area
- Release and Relax all muscles of the pelvis

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## Pelvic Pain Recovery List

Action	Tick
Breath abdominally	
Ice for 5 to 7 mins	
Drop/Release pelvic floor	
Body Scan daily	
Connective Tissue Rolling	
Trigger Point Pressure	
EZ Magic	
Yoga/ Mindfulness	
See a nutritionist	
Take a pro-biotic	
Check out allergies	
Sleep	
Sex	
Recommended exercise	