



PELVIC PAIN



WHAT IS PELVIC PAIN?

“Pain or discomfort, ranging from a sharp jab to a dull ache, in the lowest part of the abdomen and the pelvis.”

- Mayo clinic

THIS INCLUDES PAIN OF THE PUBIC BONE, TAILBONE, SACRUM AND PERINEUM. IT CAN BE PAIN WITH POOPING, PEEING, SEX AND/OR MENSTRUATION.

HOW COMMON IS PELVIC PAIN?

There are many diagnoses that are associated with pelvic pain including endometriosis, vaginismus, vulvodynia, dyspareunia, pubic symphysis dysfunction, constipation, coccydynia and more.

STATISTICS SAY THERE IS A 13-32% INCIDENCE OF CHRONIC PELVIC PAIN AMONG WOMEN OF CHILDBEARING AGE BUT I WOULD ARGUE IT IS FAR MORE THAN THAT.



Of the reported pelvic pain, up to 32% of people experience pain that is so bad they have to miss work.

Common Causes of Pelvic Pain

There are too many causes of pelvic pain to list here and even then, we don't know all of them.

The most common ones associated with growing and birthing a baby are: a tight pelvic floor, ligament laxity, perineal tears, cesarean scars, postural dysfunction, poor baby ergonomics, core and hip weakness.

THREE THINGS TO DO ABOUT IT

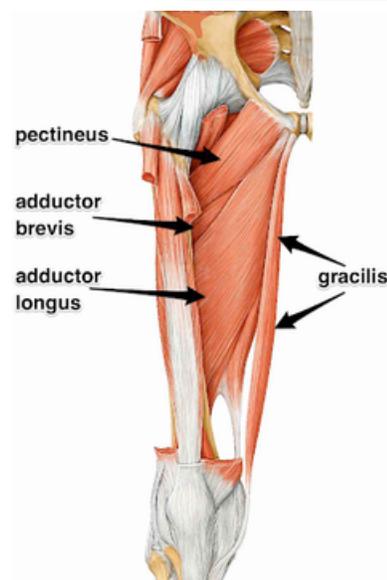
1) Relax & release the pelvic floor.

- The easiest way to relax your pelvic floor is to breathe into it. Focus on your inhale (breath in) and direct your air downward. Think about filling the bowl of your pelvis.
- Direct massage to your pelvic floor and/or scar tissue, externally or internally, can be the most effective pain relief. Typically people are taught how to do this by a pelvic physical therapist.



2) Focus on hip mobility.

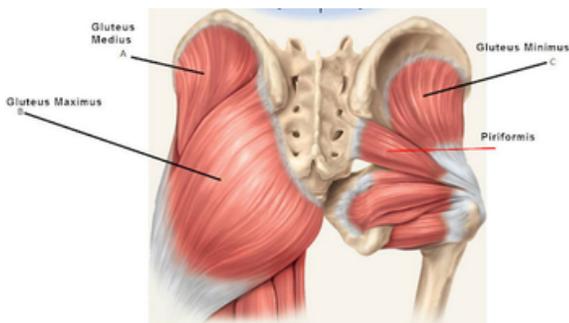
- Hip tightness can contribute to pelvic pain because they are directly connected through muscles and fascia.
- Specifically, I find the glut and the groin to be the muscle groups most correlated with pelvic pain.



GROIN RELEASE

EXTERNAL ROTATION
GLUT STRETCH

INTERNAL ROTATION
GLUT STRETCH



Try these exercises

3) Work on core & glut strength.

- Sometimes the pelvic floor is gripped because it is compensating for a glut and/or core weakness.
- Strength of the gluts and core will be necessary to get ahead of pelvic floor tightness instead of constantly needing to release it.

Try these exercises



DEAD BUG

LOG ROLL

SIDE PLANK CLAM

BIRD DOG

GLUT SERIES

NEED SOME SUPPORT?

You're not alone! Check out our in-person and virtual options at jennyputtpt.com.

