



Women's Pelvic Health



Pelvic & Sexual Pain

Do you have pain with sex or difficulty inserting a tampon?

Do you have pelvic or low abdominal pain, bladder irritation or pressure?

Is sitting difficult due to tailbone or coccyx pain?

Chronic pelvic pain is a hidden problem - it can't be seen, it's hard to diagnose and women often suffer for many years before finding help. Sexual, vulval, pelvic and bladder pain is very distressing, both physically and emotionally.

You may have been diagnosed with vaginismus, vulvodynia, endometriosis, pudendal neuralgia, painful bladder syndrome or coccydynia. In most of these conditions the pelvic floor muscles are tight or overactive and painful.

The pelvic floor muscles are at the base of your pelvis, attaching from the pubic bone at the front to the tail bone at the back. These muscles play a role in sexual function and support and control the bladder and bowel. If you have difficulty relaxing your pelvic floor muscles, sex can be painful. Chronically tense, tight or overactive muscles can lead to ongoing pelvic, vulval, coccyx and bladder pain. It can be like having a headache in the pelvis.

The pelvic floor muscles may spasm involuntarily in response to or in anticipation of pain or penetration, leading to an overactive pelvic floor. This may happen with endometriosis, following pelvic surgery, an infection, nerve damage or injury. High stress levels and little time for relaxation, psychological factors (ie mood, relationship issues or past abuse) and overuse of core muscles can all contribute to an overactive pelvic floor.

1 in 5 women experience pelvic or sexual pain. There is evidence to support physiotherapy in reducing pain through the treatment of pelvic floor muscle tension and overactivity.



What Will My Physiotherapy Program Involve?

- A thorough assessment to establish your goals, pelvic floor requirements and treatment plan
- Design of a personalised pelvic floor muscle exercise program to relax and release your overactive pelvic floor muscles
- Touch desensitisation and / or manual therapy techniques to relieve the pelvic floor muscle pain
- Use of vaginal trainers
- Education regarding chronic pain and the role of the brain including practical lifestyle advice
- Support to understand the relationship between your pain and emotional and physical health

How Often Will I Need To Attend?

The number of treatments varies for each individual. You can expect to experience gradual improvement in your symptoms throughout this time.

Motivation and adherence are important factors in achieving your goals. Your Physiotherapist will regularly re-assess these goals and work with you to ensure the program is achievable and appropriate for your lifestyle.

What Can WMHP Do For Me?

Our experienced Physiotherapists understand this complex problem and will work with you and your other health care professionals to reduce pain and improve your quality of life. At Women's & Men's Health Physiotherapy we lead the way in pelvic health. We'll empower you to understand the factors that influence your pain, to reduce pelvic muscle tension and to ensure intimacy is enjoyable so you can live life to the fullest.

Why Choose Women's & Men's Health Physiotherapy?

 We're a group of female Physiotherapists who specialise exclusively in pelvic floor muscle rehabilitation

 We'll design a personalised pelvic health program for you

 We're passionate about empowering women to reduce pain, enjoy intimacy, regain confidence and change their lives for the better

 Our Physiotherapists and administrative team recognise the sensitivity of your symptoms and will treat you with understanding, respect and discretion



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