

A note from Leanne:

I am honoured to be invited to be the first Physiotherapist member of the ESIG.

Physiotherapy has in the past been overlooked in the management and treatment of Endometriosis. Traditionally physiotherapists have worked with patients experiencing all sorts of pain and requiring rehabilitation in many other areas like before and after joint surgery or during episodes of low back pain and is considered a vital part of care in many of these areas. Recently in New Zealand and internationally there has been recognition that physiotherapy is an important part of a team approach to improving quality of life in many areas of pelvic health including Endometriosis. A change I welcome and am proud to be a part of.

A note on “Pelvic Floor Muscle Spasm”:

Pelvic floor muscle spasm can be a big contributing factor in Endometriosis as can occur as part of our protection system when we are in pain. This can occur without you even realising it so needs to be assessed by a Pelvic Health Physiotherapist. This type of activity in the pelvic floor muscles is sometimes also called hypertonic or overactive pelvic floor.

The types of things you may notice with pelvic floor muscle spasm include a deep abdominal ache that can feel like period pain at all parts of your cycle, lower abdominal pain on one or both sides that can be worse with exercise, pain with sex or an inability to have sex or insert a tampon or even lower back/buttock pain or pain in around your labia and genitals. Sometimes pelvic floor muscle spasm can also trigger bladder urgency and mimic symptoms of a urinary tract infection or thrush. Pelvic floor muscle spasm does not usually go away after surgery without treatment and can be part of reoccurring symptoms.

This can be treated successfully by Pelvic Health Physiotherapists using many treatments that may include massage and trigger point therapy, muscle relaxation and down training techniques, exercise and activity modification and dilators/trainers. Your physiotherapist may also check your bladder and bowel function and give advice on improving their function along with treating scar tissue and optimising your breathing and relaxation strategies.

There are many options to be explored with Pelvic Health Physiotherapy there is however no ‘one size fits all’ - therefore individual symptoms require individual care so an assessment is vital to receive the best treatment for you.

(Pelvic Health Physiotherapy is an area of special interest within the wider scope of physiotherapy. Pelvic Health Physiotherapists are specially trained to assess the pelvic floor, bladder and bowel function and genital regions)

Best Wishes and Kind Regards,

Leanne Wait

Inside Out Physiotherapy