

Physiotherapy management of pelvic pain and sexual dysfunction in women and men – Liz Childs

Abstract:

Traditionally pelvic health physiotherapy was concerned with treatment of conditions such as incontinence and prolapse, resulting from weak, lengthened pelvic floor muscles. Over the past decade there has been increasing interest and research into the presence of overactive / hypertonic / shortened pelvic floor muscles, and the association of this with many urogynaecological and pelvic pain conditions.

The aim of this presentation is to provide an overview of:

- pelvic floor muscle anatomy and function in women and men
- pelvic floor muscle assessment
- signs and symptoms of an overactive pelvic floor
- conditions associated with pelvic floor muscle overactivity
- causes of overactivity in the pelvic floor
- physiotherapy management for women and men with pelvic and genital pain