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# HUMAN PERFORMANCE CENTRE

Join Your Pain Management Team-We Can Help You with Pelvic Pain.

Women have multiple roles and responsibilities between work and home-life. Pelvic pain interferes with these responsibilities, negatively affecting self-esteem, relationships, and lifestyle. The benefits of physiotherapy for pelvic pain is relatively unknown by most Canadian women. In France, it is regular practice for women to be referred for physiotherapy after delivering a baby. This practice can abate problems such as incontinence, pelvic organ prolapse, and pelvic pain when addressed earlier rather than later.

Female pelvic pain can result from trauma when

delivering a baby, intestinal problems, abdominal or gynecological surgery, dermatitis or lower back problems among other sources. 10-15 % of North American women suffer with pelvic pain during sexual activity.

Physiotherapists are experienced practitioners in helping people with pain. Traditionally, care of patients with pain has been management of symptoms. However, current research on how the brain perceives pain has opened new avenues of treatment protocols, creating a more individualized program of therapy. Physiotherapists work with other

professionals to cover all bases of care of the patient with pain, of which the most important member of the team is the individual suffering from pain. It takes courage to face the problem of pain, with often many other associated personal challenges. Don't let pelvic pain, fear, and uncertainty hold you back from your full potential. A physiotherapist who specializes in pelvic floor therapy is part of your rehabilitation team.



**Patricia Sennett, PT**

*Patricia is a physiotherapist at the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact her at 738-8299*



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