

WHAT EXACTLY IS PELVIC PAIN?

The pelvis is the power house, the foundation for our ability as humans to function in the upright. It consists of two bones, the ilium and the sacrum of which includes the coccyx. The point of the sacrum is the coccyx and the sacrum is the tail to the spine. When you place each hand on the bone just below your waist on both sides of your body, you are placing your hands on the ilium. This bone houses the hip joint in the groin. You might at this point imagine that the bones form a bowl. The bottom of the bowl is your pelvic floor muscle group. This muscle group is responsible for sexual appreciation, urinary and fecal continence and internal organ support. It is often referred to as the pelvic diaphragm or hammock.

When we talk about pelvic pain we are referencing any pain in the vaginal, rectal, testicular, buttock region. Pain originating from this location can refer or send pain into your abdomen, back, groin, hip or legs. You may have constipation, diarrhea, irritable bowel syndrome, pain with sitting, sexual intercourse, climbing steps, squatting, moving your legs or simply when at rest. Many will experience pelvic pain after abdominal, spinal, hip or pelvic region surgery. Pregnancy, labor and delivery can be the source of pelvic pain as well as hormonal changes as we age.

Many do not realize that **LAKE COUNTRY PHYSICAL THERAPY AND SPORTSCARE, PC** has cared for people with pelvic pain for over 25 years. **HELP IS AVAILABLE RIGHT IN YOUR BACKYARD.** There are few physical therapist trained and who specialize in evaluating and treating pelvic pain. We are proud to be among the few assisting people with these sensitive health care issues.

A very thorough men's and women's health questionnaire, medical history and evaluation of the spine, pelvis, hip and pelvic floor is offered. Biofeedback is used to assess and treat pain and dysfunction. We are highly trained and sensitive to your privacy when offering specialized internal and external "hands on" soft tissue manual therapy to release muscle or joint dysfunction causing pain. Some may benefit from relaxing electrical stimulation, ultrasound, heat or ice. Home self - care is strongly emphasized in addition to home exercise to get rid of your pain and restore function.

A referral is not needed to initiate your care. Just **call 585-396-1400 and make an appointment.** Following your appointment you will have a clear direction on what you need to do to get rid of your pain and what physical therapy at **LAKE COUNTRY PHYSICAL THERAPY AND SPORTSCARE, PC** can do for you to speed up your recovery. We routinely correspond with your primary care physician, obstetrician, gynecologist and urologist.

We look forward to assisting you toward good health. Enjoy the holiday season!

Zoe Fackelman, PT