Frequently Asked Questions

Q: What causes Endometriosis?
A: Some common theories include:
- Abnormal immune system functioning
- Congenital malformations
- Transportation of endometrial cells through lymphatic system
- Exposure to certain environmental toxins
- May have hereditary component

Q: Can you help improve scar tissue mobility after abdominal surgery?
A: After the scar has healed and closed (generally 6-8 weeks), it is advised to have your scar tissue mobility addressed as adhesions can go deeper than the surface.

Q: How will I feel during treatment?
A: The patient may experience some discomfort similar to what they feel during their period, but to a lesser extent. The patient usually notices increased movement or may feel decreased tenderness with the abdominal work.
Dysmenorrhea: Painful Periods

Dysmenorrhea is a menstrual condition characterized by severe and frequent menstrual cramps and pain associated with menstruation.

The cause of dysmenorrhea depends on whether the condition is primary or secondary. In general, women with primary dysmenorrhea experience abnormal uterine contractions as a result of a chemical imbalance in the body. Secondary dysmenorrhea is caused by other medical conditions, most often endometriosis (see definition below). Other possible causes of secondary dysmenorrhea include: pelvic inflammatory disease, fibroids, infection, tumors, polyps and scar tissue/adhesions (perhaps from prior abdominal surgeries).

Endometriosis is a condition where endometrium, the tissue which normally lines the uterus, is found in locations outside the uterus (See figure 1). Endometriosis forms adhesions and tissue growth between organs in the abdominal cavity (see figure 2) which can interfere with reproduction, become painful during a monthly cycle, and may cause pain during bowel movements and during intercourse. Menstruation may result in “swelling” or “bloating” of the uterus and increased fluid retention. This increased bloating or pulling on the adhesions may be a source of the painful periods.

How Physical Therapy Can Help

Physical therapy for dysmenorrhea seeks to eliminate/reduce pain associated with abdominal related adhesion diagnoses.

If the origin of the pain is endometriosis and/or adhesion related pain, physical therapy treatment includes deep abdominal work and organ “mobilization” to “loosen” the adhesions.

Physical therapy aimed at the abdomen will reduce adhesions caused by endometriosis, but will not prevent more endometrial tissue from being dispersed.

We advise that you see your doctor to be cleared of serious pathology before requesting a referral for a physical therapy evaluation.

About Pelvic Therapy Specialists

Pelvic Therapy Specialists, PC offers high quality physical therapy treatment and personalized care for pelvic floor disorders and uro-gynecological diagnoses.

Our practice is different to most physical therapy clinics as we are dedicated solely to treating lower back and pelvic regional diagnoses.

Our therapists combined have 300+ hours of specific pelvic and spinal related continuing education training. Patients are treated solely by licensed physical therapists with doctorates primarily utilizing one on one manual therapy techniques and exercise instruction.

In addition to partnering with a large number of health insurance companies we also welcome "out-of-network” insurance and will work with all patients to help minimize treatment fees.

Feel free to contact us at info@pelvictherapy.com or visit our website at www.pelvictherapy.com