



Dyspareunia or Pain with Intercourse

Unfortunately, one in four women will suffer from pelvic pain at some point in their life. Dyspareunia, or pain with intercourse, is a common symptom among women that suffer from pelvic pain. Dyspareunia can be a symptom of several pelvic pain syndromes. Most women with vulvar vestibulitis and vulvodynia will have dyspareunia due to pelvic floor muscle hypertonus and/or myofascial trigger points and tissue hypersensitivity. In addition, some women will experience dyspareunia after gynecological surgical procedures such as a hysterectomy or laparoscopy or after child birth. Post-operative or post vaginal delivery can result in tissue hypersensitivity around the incision or episiotomy scars as well as create myofascial trigger points in traumatized muscle in and around the pelvis. A specialized physical therapist can normalize pelvic floor muscle tone, eliminate myofascial trigger points and decrease tissue hypersensitivity with manual techniques that will successfully resolve dyspareunia.

Male Sexual Dysfunction

Male sexual dysfunction includes erectile dysfunction as well as pain with an erection and post-ejaculatory pain. Erectile dysfunction can be the result of various diseases or conditions which can be successfully treated with pharmaceutical

therapy. However, erectile dysfunction can also be due to musculoskeletal dysfunction. More specifically, hypertonus of or the presence of myofascial trigger points in the bulbospongiosus and/or ischiocavernosus muscles can result in difficulty getting or maintaining an erection and decreased ejaculatory flow. These men will typically fail pharmaceutical treatment and require a pelvic floor physical therapist to regain normal function. Pain with an erection or post-ejaculatory pain are common symptoms of male pelvic pain. These symptoms are the result of pelvic floor muscle hypertonus and myofascial trigger points in the urogenital diaphragm. Both erectile dysfunction and pain with sexual activity secondary to musculoskeletal impairments can be successfully treated by a physical therapist specifically trained in the pelvic floor. The physical therapist will utilize manual techniques to normalize pelvic floor muscle tone and motor control and eliminate myofascial trigger points to eradicate the symptoms of dysfunction and pain.

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