

PATIENT EDUCATION HANDOUT

Pelvic Pain: How OMT Can Help

Aaron Martinez, DO

Ronald Januchowski, DO, FACOFP, Editor • Paula Gregory, DO, MBA, CHCQM, FAIHQ, Health Literacy Editor

Osteopathic manipulative treatment (OMT) can be a useful therapy for those who suffer from pelvic pain. This is a common complaint that affects women more often than men. Chronic pelvic pain, with pain being present for more than six months, accounts for one out of every ten primary complaints of women who present to their gynecologist for initial evaluation. Many different possible sources of pelvic pain can affect both younger and older patients. Medications and sometimes surgery are common treatments for those with pelvic pain.

HOW CAN OMT HELP WITH PELVIC PAIN?

The bony pelvis is composed of multiple bones, which also have many muscular attachments.

Tightness or spasm in a muscle can produce position and strain changes on other parts of the pelvis not directly attached to the affected muscle. OMT of these bones and their attached muscles can help realign these bones into their best positioning for the optimal function of all the muscles and organs within the pelvis.

The pelvis is affected by its surrounding musculoskeletal attachments. Changes in posture or positioning that affects the ankles, knees, hips and spine of the lower back can also cause, or result from, dysfunction within the pelvis. OMT can help treat these related problems to achieve a better result than treating the pelvis alone.

Due to the anatomy of the nerves, vessels, and lymphatic structures that supply and drain the organs within the bony pelvis, OMT can also help treat the deeper organs like the urinary bladder, uterus, and large bowel. Optimizing the flow of blood to and from the pelvic organs and the lymphatic drainage from them will help improve both congestion and aid in the removal of inflammatory molecules that have accumulated within these structures.

OMT of the spine can affect nerves' ability to transmit signals to and from these organs correctly. Relief of pressure on nerves and resetting the resting tension in muscles allows for better communication between these organs and the spinal cord and brain.

The pelvis is a sensitive topic for many people. Having a conversation with your doctor about any concerns will help your physician better tailor their treatment approach to your comfort level.

Should you experience fever, a significant increase in pain or new/increased bleeding with your pelvic pain, call your doctor or go to the nearest emergency room.

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