



## chronic pelvic pain

### OUR VISION OF PHYSICAL THERAPY

Since 1998, Bauman Physical Therapy & Wellness has been dedicated to ensuring exceptional care in a dynamic environment. From the moment your evaluation begins, you'll feel confident you are under the care of knowledgeable, experienced, skilled manual therapists.

### One On One

Our one-client-to-one-therapist treatment ratio produces the most effective results. Our staff size allows us to devote 100% attention to your progress.

### You're In Charge

We recognize that, ultimately, each woman is in charge of improving her own physical health and wellness. Each member of our well-respected staff is eager to help you achieve your goals.



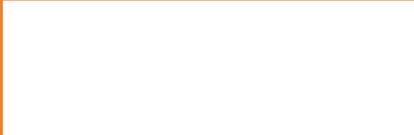
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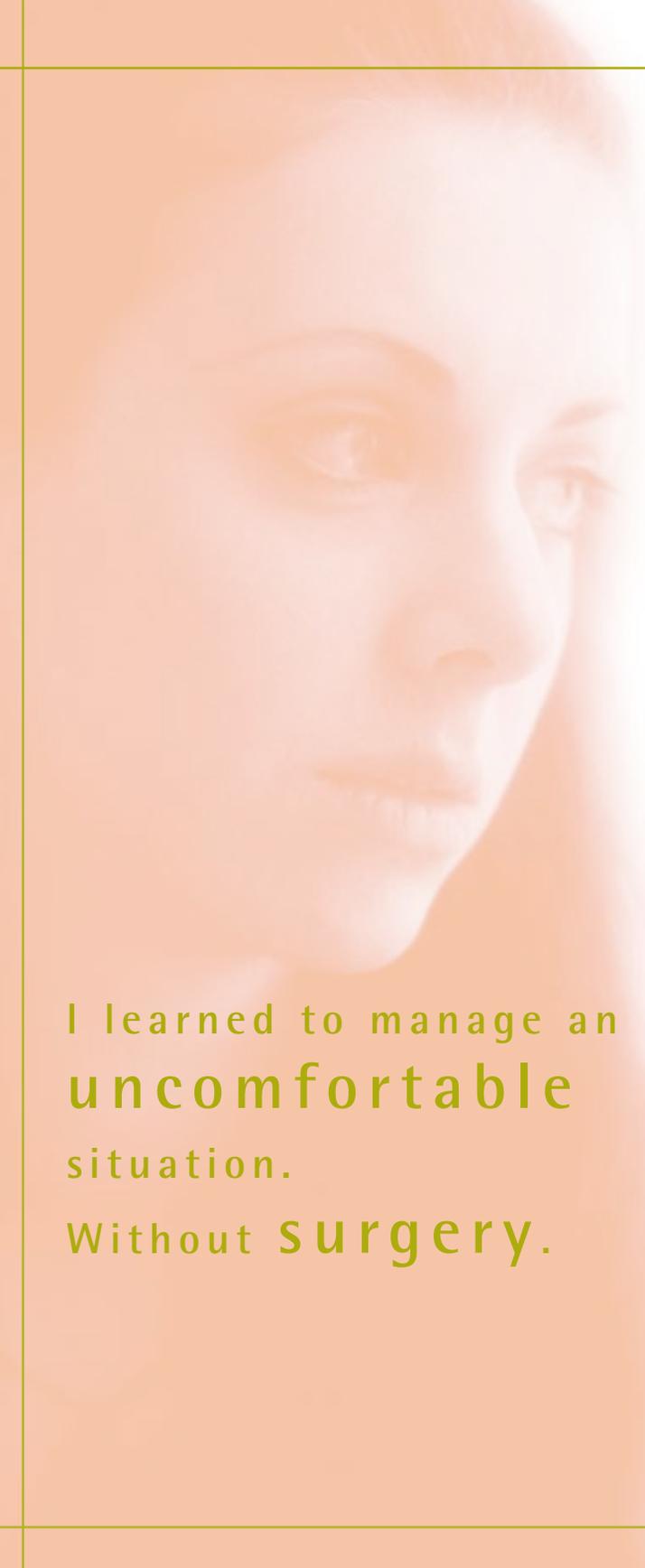
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I learned to manage an  
uncomfortable  
situation.  
Without surgery.

**Women's bodies** are complex. Their ailments can be, too.

Chronic Pelvic Pain (CPP) is a complex – but manageable – condition that strikes women of all ages and fitness levels. Symptoms and causes differ woman to woman.

CPP generally involves pain in the muscles, nerves and/or joints of the pelvis, back, buttocks or abdomen. When the pain lasts six months or longer, the condition is chronic and requires specialized care.

CPP is often – but not always – related to a gynecological condition. Urinary tract and gastrointestinal difficulties may also cause CPP.

When an organ or muscle hurts, it can cause nearby muscles to spasm and/or nerves to become painfully compressed or irritated. Over

time, these muscles, nerves and joints can become problematic.

Because many CPP conditions are unique to women, it is important to seek treatment from those specializing in women's health – like the professionals at Bauman Physical Therapy and Wellness.

### **An individualized approach.**

There are as many solutions for eliminating CPP as there are causes for it. That is why we uniquely treat each woman and her CPP.

Following a thorough examination, our therapists will design a program to address your complaints.

At Bauman, we consider the entire woman, keeping an eye on helping you achieve overall wellness.

### **SYMPTOMS OF CPP**

(One or several of the following)

- Pain while sitting for long periods of time.
- Pain during intercourse, or while urinating.
- Lower abdominal pain.
- Numb or tingling sensations in the vaginal region.
- Lower back pain that extends to the pelvic area.

### **CAUSES OF CPP**

(Condition may be caused by one or several of the following)

- Urinary tract conditions such as interstitial cystitis and urethral syndrome.
- Gastrointestinal problems such as irritable bowel syndrome.
- Uterine conditions such as endometriosis or dysmenorrhea (painful menstruation).
- Post-surgical scar pain or abdominal adhesions.

### **THERAPEUTIC OPTIONS**

- Exercises designed to stretch or relax tight muscles and strengthen weak muscles.
- Manual therapy for tight, tense muscles.
- Restoration of proper joint movement.
- Electrical stimulation.
- Heat, cold or ultrasound techniques for pain relief.