

PHYSICAL THERAPY

Q ■ Six months ago I developed severe pelvic floor pain and burning. I can't wear tight pants, sit, or exercise. Work is suffering and I avoid being intimate with my husband. After seeing several doctors, I was told I may have vulvodynia. I did some research and most of it said physical therapy should be part of my treatment. What can you do for me? I'm getting desperate.



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A ■ Vulvodynia is a pelvic floor pain condition, grouped with dyspareunia, vaginismus, and pudendal neuralgia. There are distinct similarities and differences between these that will help to determine the best treatment plan for you. This is not all in your head. Treatment options include manual therapy to directly treat the pelvic floor, lumbar and pelvic girdle muscles and joints; biofeedback; electrical stimulation, and education regarding your condition. Directly contact a physical therapist specializing in pelvic floor disorders or at your next doctor's appointment request a P.T. referral.


Personal Physical Therapy Services
Personal Issues... Personal Care

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