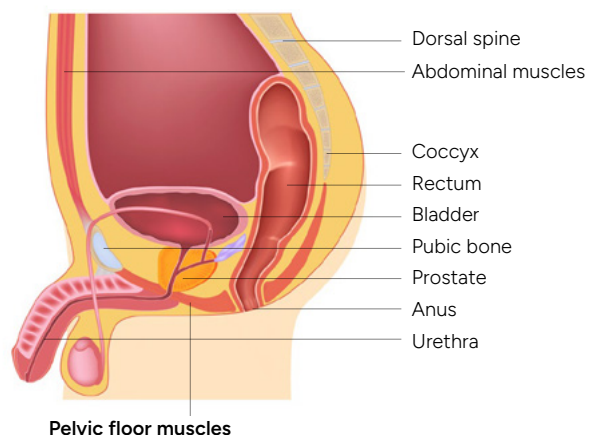
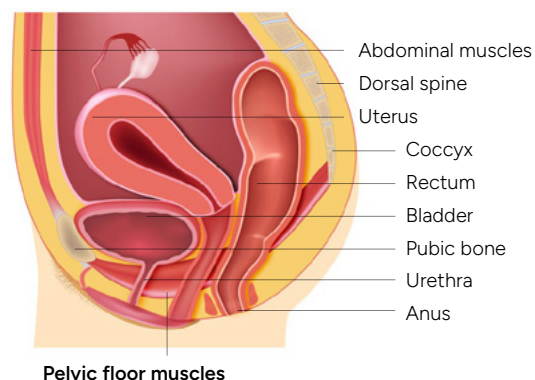


Pain in the Pelvic Area

If pain occurs in the pelvic area, the pelvic floor muscles are usually involved. They can provide too much or too little support. Too much muscle activity makes the pelvic floor rigid and immobile. Too little muscle activity makes the pelvic floor loose and unstable.

Anatomy and Function of the Pelvic Floor

The pelvic floor is a muscle about the size of a hand that forms the bottom of the pelvis. Its functions include stabilizing the pelvic organs bladder, bowel and uterus, as well as controlling bowel movements and urine. The pelvic floor muscles must be able to hold firm during everyday activities, but also be able to relax when going to the toilet. They also play an important role in sexual function in both men and women.



Acute and Chronic Pain

Acute pain occurs immediately after an injury or inflammation. Once the affected structures heal, the pain disappears again. The pain helps to protect the affected area so that it can heal properly.

Chronic pain is when the pain does not disappear within 3-6 months despite healing of the injury or inflammation. In this case, resting no longer helps and other strategies must be learned.

Pain and Overactive Pelvic Floor Muscles

Pain increases muscle tension, and a tense muscle in turn increases the pain. If the pelvic floor is too active, this can lead to pain in the genitals and lower abdomen.

Pelvic Floor Physiotherapy

Through questioning and examination, the pelvic floor physiotherapist can determine whether the pelvic floor muscles have too much or too little tension. The aim is to normalize the muscle tension, provide sufficient support in everyday life and allowing for proper relaxation when needed, e.g. on the toilet. Those affected are taught strategies for dealing with chronic pain.

