



PELVIC HEALTH &
REHABILITATION CENTER

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Demystifying Chronic Pelvic Pain

Chronic pelvic pain is a complex and debilitating condition affecting up to 20% of women and 8% of men in the United States. Chronic pelvic pain includes many diagnoses such as vulvodynia, vulvar vestibulitis, interstitial cystitis/painful bladder syndrome, dyspareunia, chronic nonbacterial prostatitis, pudendal neuralgia, and coccygodynia. To successfully manage these patients a comprehensive interdisciplinary treatment approach is essential. This treatment strategy can include a gynecologist, urologist, physical therapist, pain management specialist, and a psychologist. One of the greatest challenges in treating pelvic pain is treating the whole person and not getting too focused on one organ or one structure. Hence why an interdisciplinary treatment approach rather than a multidisciplinary approach is necessary. All the components of the treatment team must work together with open communication and understanding to achieve a successful outcome in patients with chronic pelvic pain. The International Continence Society is offering a workshop to discuss these challenges and bring clarity and direction to clinicians treating patients with chronic pelvic pain at their 39th Annual Meeting in San Francisco September 29-October 3, 2009. The speakers include world renowned urologists, nurse practitioner, psychologist, and the Pelvic

Health and Rehabilitation Center's physical therapists, Elizabeth Rummer and Stephanie Prendergast. We hope you will join us for this exciting and informative workshop!

Mark your calendars! The International Continence Society Annual Meeting is Sept 29-Oct 3, 2009 in San Francisco! Check out www.icsoffice.org for more details!

Upcoming Conference

The International Pelvic Pain Society will be holding their Annual Scientific Meeting on October 16-18, 2009 in Phoenix, Arizona. Stephanie Prendergast will be presenting a lecture on *Physical Therapy Techniques as They Relate to Bowel/Rectal Dysfunction*. In addition to the lectures offered during the conference, Stephanie Prendergast and Elizabeth Rummer will be presenting a post-conference workshop on *Connective Tissue Manipulation for the Patient with Pelvic Pain* which will include both lecture and hands-on instruction. This workshop is open to physical therapists, physicians, and nurses. Check out www.pelvicpain.org for more details.