



# amber hill

## PHYSICAL THERAPY, INC.

where patients come first — since 1985

## Chronic Pelvic Pain

Including: Vulvodynia, Vulvar Vestibulitis, Sexual Pain, Vaginismus & Scar Pain

### How Physical Therapy Can Help

Chronic Pelvic Pain (CPP) is pain in the lower body – the pelvis, back, buttocks and abdomen – that lasts six months or longer. If unmanaged, pelvic pain tends to become complicated over time, possibly leading to emotional and social issues. An important goal of treatment is to interrupt the pain cycle and to prevent localized pain from becoming a bigger problem.

First, discuss your problem with your gynecologist. Then ask your physician or midwife for a referral to Amber Hill Physical Therapy, which has women health specialists who provide education and design a program tailored to meet your treatment needs.

You will receive private treatment by a caring therapist who will begin by listening to your history and determining the specific cause(s) of your pain. Your treatment options will be explained to you, and could include:

- Extensive education on the causes of your pain and how you can help yourself at home
- Pelvic floor muscle strengthening
- Myofascial release and massage for overworked muscles
- Physical therapy treatments to decrease pain
- An exercise program that is customized to your needs and abilities
- Biofeedback to determine if muscles are being activated correctly or are being overworked.

For more information or a FREE set of our Women's Health brochures, contact [amelia@amberhillpt.com](mailto:amelia@amberhillpt.com) or call 301-663-1157.

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We are "in-network" with most insurance plans, which is a savings to our patients and we accept CareCredit® Patient Payment Plans. We also offer early a.m., eve. & Sat. hours.