

Potential Reasons for Symptoms

Here are just some of the many reasons why you could be experiencing your symptoms:

- Orthopedic:
 - Examples: Injury (fall, car accident, sport), joint or ligament instability, poor posture, stress-related tension, lumbar disc displacement, TMJ dysfunction (yes, that's right- the jaw is connected to the pelvis by fascia/connective tissue)
- Post-operative:
 - Examples: hysterectomy, prostatectomy, C-section, episiotomy, spinal surgery, total hip replacement, abdominal surgery, gender re-assignment surgery
- Neurological:
 - Examples: Multiple Sclerosis, Parkinson's disease, Stroke, Spinal cord injury
- Prenatal and/or post-partum:
 - Examples: low back or pelvic pain, incontinence, core weakness, diastasis recti (abdominal separation)
- Gastrointestinal, Urological, Colorectal, Gynecological:
 - Examples: IBS, IBD (Crohn's disease, Ulcerative colitis), Endometriosis, Interstitial Cystitis, PCOS, hernia (abdominal, groin), prolapse, mesh, pelvic sling, pelvic congestion
- Hormonal:
 - Examples: Menstruation (painful, irregular, heavy), peri or post-menopausal, hormone therapy, hormone-related cancer and/or treatment, low testosterone
- Autoimmune:
 - These conditions are inflammatory-based, and can perpetuate pain. Therapy will help address pain, and provide nutritional and lifestyle suggestions to improve symptoms.
- Trauma:
 - Pelvic pain can arise from emotional, physical, and sexual abuse- in addition to gaining trust and knowledge from myself, it is advised to seek counseling as well.