

COMBATING PELVIC PAIN WITH A MULTIMODAL APPROACH

A blend of therapies tailored to enhance pelvic health and alleviate pain



PHYSICAL THERAPY

Exercises to strengthen the core, stabilize the pelvis, and improve posture. Includes pelvic floor exercises to restore muscle function.



PHARMACOLOGICAL INTERVENTIONS

Medications like NSAIDs reduce inflammation and manage pain, complementing physical therapies for foundational relief.



DRY NEEDLING

Insertion of needles into neuromuscular points to manage pain, enhance muscle function, and aid recovery.



FASCIAL MANIPULATION[®]

Adjusting pelvic fasciae tension by treating areas even distant from the pelvis, personalized to each patient's symptoms.



JOINT MANIPULATION/ MOBILIZATION

Techniques to improve joint mobility, targeting areas of stiffness to enhance range of motion and reduce discomfort.