

MOVE TO IMPROVE PAIN

Pelvil Dell Physical Therapy



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Hi! I'm Sarina.

Hi! I'm Sarina, a **Doctor of Physical Therapy** specializing in both **pediatrics and pelvic health** and founder of PelviWell Physical Therapy

Why am I SO passionate about helping teens understand their bodies?

I have gone through this journey! I've **seen the specialists**, gone through **painful** testing, and **wasted money** on countless supplements all to "help" my pelvic pain. It was not until I was **FINALLY referred to a pelvic floor PT** (and later became one!) that I learned the **tools**, **skills**, **and techniques that gave me relief**. Now, I no longer have to leave work early or miss life moments because of pain!

If you have a teen who is suffering from *endometriosis*, I created this *free guide to help you and your daughter* through this challenging time. I promise that *it DOES get better*.

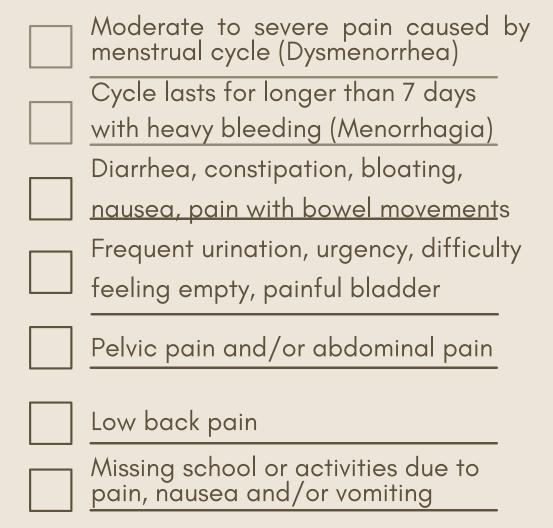
let's get started

WE HAVE A BIG PROBLEM

Endometriosis in adolescence is a rising concern and the diagnosis is often DELAYED by 7.4 years

Which is frustrating because early recognition is SO important!

But it's really hard to diagnose in teens because symptoms can be misunderstood. Use this checklist to watch out for the signs and symptoms





Mhat is it?

Endometriosis is when *endometrial-type*tissue starts growing in areas outside of
the uterus. Areas such as the abdominal
cavity, ovaries, GI tract, rectum, uterus,
bladder, diaphragm, and ligaments
around the uterus to name a few.

Common Myths

Myth 1

Missing school because of period pain is normal

Myth 2

Abdominal cramping to the point of vomiting is normal

Myth 3

Avoiding physical exercise because of pain is normal

Myth 4

Being stuck on the couch and having too much pain to walk is normal

How To Use This Guide

When our body feels pain, our initial reaction is *to protect ourselves from MORE pain*. This causes us to reflexively *tense our muscles*.





For example, during menstrual cramping, it's common to curl our body up into a fetal position, holding in our stomach and taking short, quick breaths. Over time, this tightens your hips, legs, lower back, trunk, and upper neck. The following exercises address the pain and shortness in those muscles.

DISCLAIMER FOR ALL EXERCISES:

- These movements elongate and stretch the guarding abdominal muscles in response to pain. The spinal movements mobilize the cervical, thoracic, and lumbar vertebral segments, while offering a
- gentle massage to the abdominal organs and surrounding viscera as you expand and compress the torso during your deep breathing.

This guide is solely informational. Users are to consult a medical professional or healthcare provider if they seek medical advice, diagnoses, or treatment.

CAT-COW

 Only move through as much range of motion that creates a gentle tug, not a strong pull, on the abdomen.





 Exhale through your mouth as you start to round your spine, tucking your tailbone and chin while using your abs to further exhale.

Inhale through your nose and arch your back while you look upward. Expand your belly with the breath and stretch the muscles of the abdomen with the arching of your spine.



Repeat 10x

CHILD'S POSE

- Take 5-8 deep belly breaths in a child's pose position
- Use a pillow to support your arms or knees.
 Whatever feels best to you!
 - Repeat 8-10x



EXERCISE #3

COBRA POSE WITH HEAD TURNS



 Move into a cobra pose letting your stomach out and gently turning your head from side to side

SUPINE LUMBAR ROTATION STRETCH

• 5-8 deep belly breaths on each side





 Bend and straighten your leg in this position

DIAPHRAGMATIC BREATHING

• Start with your hands on your lower belly.





- Inhale for 3–5 seconds through your nose.
- Pause for 1 second then exhale slowly through pursed lips.

• This focused breathing is the most straightforward, but the most difficult to sit and have patience with. Although the benefits are not as easily seen as a muscle stretch, the internal neural environment will sway in favor of a more regulated state. There is a lot going on while you allow yourself to have nothing going on!



EXERCISE #6 ILU MASSAGE











Abdominal massage essential in helping your organs move well. The scarring and adhesions caused by endo can limit the movement of the and abdominal viscera cause pain when touched.

This exercise can be done in any position sitting, standing, and lying down.

Follow the photo example











Research



Physiotherapy for Endometriosis | Article

Gynecology-V12-C06 - Physiotherapy for Endometriosis - NEW - The Continuous Textbook of Women's...

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