

Managing Female Pelvic Pain

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ANXIETY



DEPRESSION



ANGER

Leading cause of years lost to disability

Depression, reduced work ability, domestic tasks

Substantial use of healthcare, often with disappointing outcomes

Focus on peripheral-end-organ mechanisms, such as inflammatory or infective conditions - mechanisms for the CPP modulated in CNS

UK 2017 - prevalence of chronic pelvic pain of 14.8% in women over 25-55 years

Chronic Pelvic impact

Significantly associated
with being of
reproductive age

Multiple non-pain
somatic symptoms

Fatigue

Moderate/severe
depression

Two clusters of CPP
cases - little/no
psychosocial distress
and those having high
psychosocial distress

Sources of Pain in Female Pelvis

**Lumbosacral
roots and
nerves**

MSK

Pelvic floor

**Abdominal
Muscles**

Bones

**Spinal
Column**

**Pubic
Symphysis**

**Sacroiliac
joints**

Common causes of pelvic pain

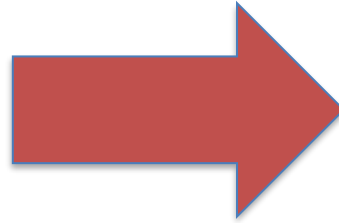
Dysmenorrhea

Dyspareunia

Endometriosis

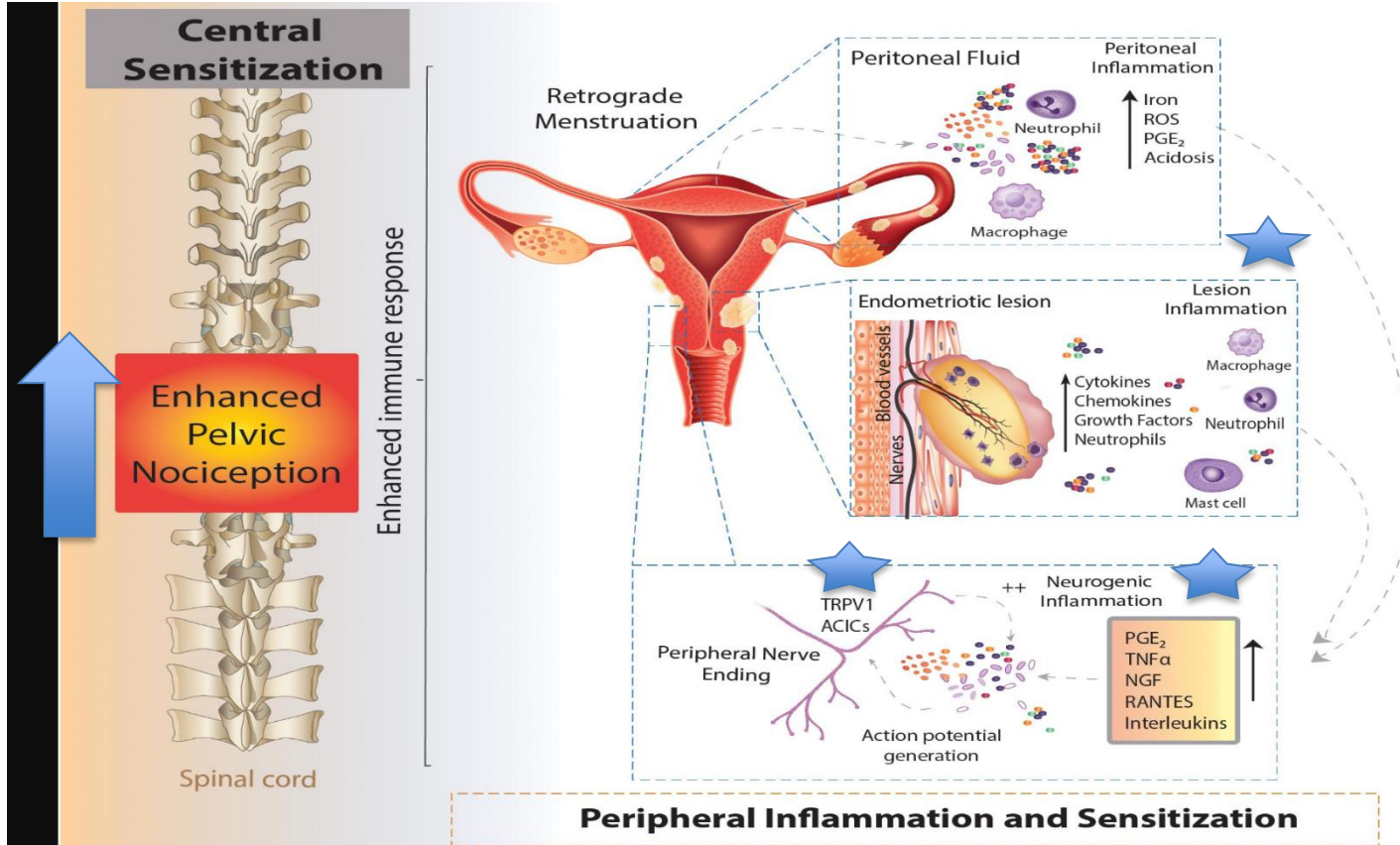
Uterine leiomyoma

Adenomyosis



65-80%

Endometriosis – Central Sensitisation



Management of chronic pain

- Gynaecology management and possible surgery
- Physio
- Trigger Point Injections (MSK)
- Pharmacological

Modest improvement in pain is aim

Advanced pain management

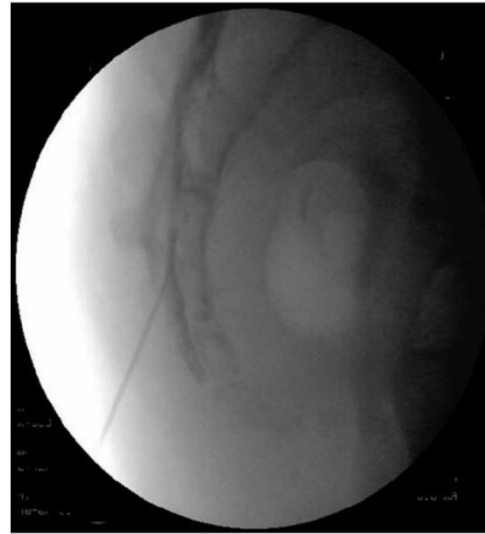
Botox: only indication prevention of chronic migraine

Helpful for women with refractory myofascial pelvic pain (max 100iu), unable to do PT pelvic floor exercises

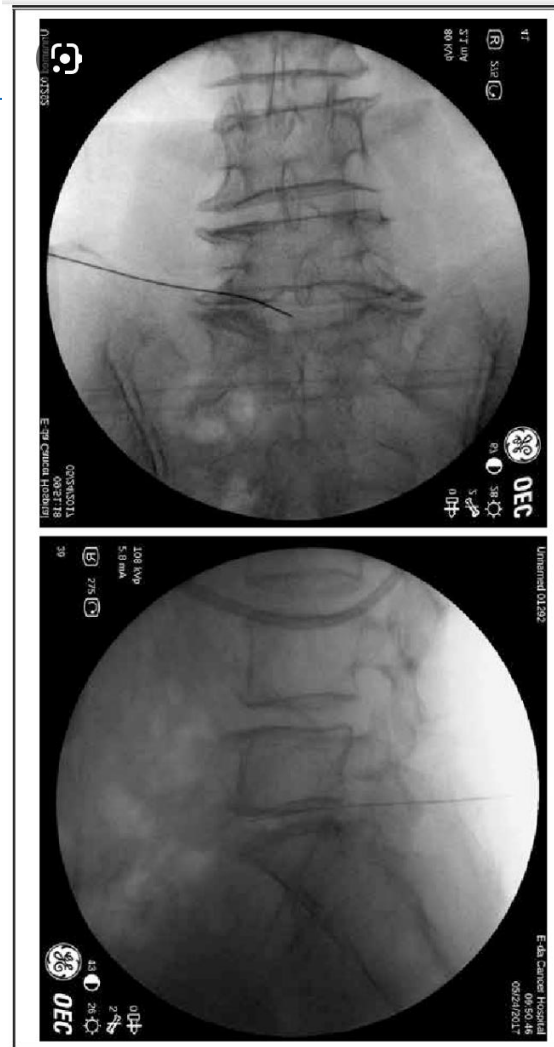
Cannabinoids: no RCT to date, anecdotal case studies, “modest effect on pain levels with an acceptable safety profile”, currently not licensed in Ireland for chronic NeP pain

Interventions – short term and long term

- Caudal
- PRF such as: GOI
- Pudendal neuralgia
- Neuromodulation (SNS)



Superior Hypogastric Nerve Block





Sacral nerve stimulation



SR March 2023 - reasonably effective treatment of chronic pelvic pain



Significantly reduces pain and increases patients' quality of life



Immediate to long-term effects

Post procedure

5% risk of flare-up

Prescription for 2 weeks

70% patients expect at least 50% pain relief

Steroid used, frequency?

Repeated procedures

Key takeaways

Advanced pain
treatments
available

Procedure
based but not
permanent

Important role
for Women's
Health Physio

Thank you