

1. Record Nr.	UNINA9910798098903321
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Titolo	Pelvic pain explained : what everyone needs to know / / Stephanie A. Prendergast and Elizabeth H. Rummer
Pubbl/distr/stampa	Lanham, Maryland : , : Rowman & Littlefield, , 2016 ©2016
ISBN	1-4422-4832-7
Descrizione fisica	1 online resource (231 p.)
Disciplina	617.5/5
Soggetti	Pelvic floor - Diseases Pelvic floor - Diseases - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Foreword; Acknowledgments; Introduction; I: Pelvic Pain: A Road Map; 1 Pelvic Pain 101; 2 How Did I Get Pelvic Pain? The Importance of Uncovering Contributing Factors; 3 Demystifying the Neuromuscular Impairments That Cause Pelvic Pain; II: Getting on the Road to Healing; 4 I Have Pelvic Pain. What Do I Do Now?; 5 Pelvic Pain PT: In the Treatment Room; 6 Guide to Navigating Treatment Options; 7 The Pelvic Floor and Pregnancy: Treating New Moms Right; 8 Pelvic Pain and Sex: The Facts; III: In the Driver's Seat: Taking Control of Your Healing 9 At-Home Self-Treatment: Taking Matters into Your Own Hands 10 How to Exercise to Stay Fit without Flaring Symptoms; 11 Tips for Optimizing Communication with Your Providers; 12 Tips for Day-to-Day Living; Appendix A: Pelvic Pain Resources; Appendix B: Evaluation Interview: Complete List of Questions; Notes; Bibliography; Index; About the Authors
Sommario/riassunto	Pelvic pain is more ubiquitous than most people think and yet many suffer in silence because they don't know there is help or they are too embarrassed to seek it. This book looks at the variety of problems that can lead to pelvic pain, and how to address the issues when they arise.