



Information sheet: Chronic pelvic pain

This is usually any pelvic pain (hip, tailbone, pubic joint, lower back) that has lasted for longer than six months.

Often the problem which caused the pain originally has gone, but the pain continues. You may experience a combination of symptoms such as trouble sleeping, loss of appetite, depression and changes in behaviour affecting relationships.

My starting point is to reassure “its not all in your head”.

My approach includes a practical blend of stretches, “hands on” treatment, relaxation and breathing techniques, and a focus on movement [pattern and behaviours that may contribute to pain.

Pain in the nervous system includes the body and the mind and this concept is integrated into my treatment.

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