



Information sheet: Sexual problems and pain

Vulvodynia/vulval pain

This condition often crosses many medical specialties and you may have seen a number of health professionals already. It can be due to many reasons: infections, skin conditions, hormonal changes, trauma, and nerve damage.

Often women find out what the problem is by chance or by their own research. It can be a challenge to find help.

A co-ordinated approach is important with realistic and positive expectations.

I can help you to get back in touch with your sexual self by working with you to discover how to overcome painful vaginal symptoms and enjoy an active life style and relationships.

I use an integrated approach of self help measures and education, massage, biofeedback, nerve release and work on muscles/joint where needed. to achieve maximum relief.

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