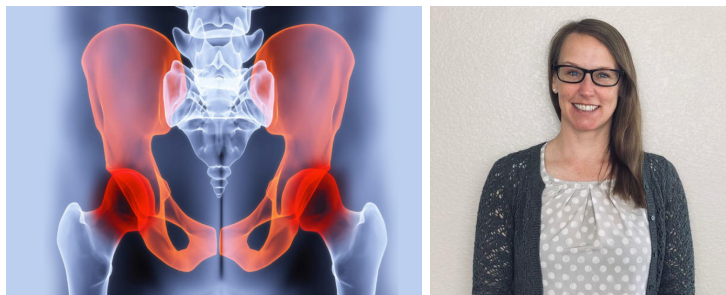


Pain in the Pelvis

By Dr. Jodi Roman, PT, DPT



Men and women can be affected by life-altering pain in the genitals, groin, rectum and tailbone. This can be caused by a fall, childbirth, scar tissue, surgery, bulging disc, nerve inflammation or nerve compression. The pain may be characterized as achy, cramping, tingling, hypersensitivity, burning or numbness. It often coexists with other issues such as difficulty having bowel movements, pain with sitting/standing/walking, painful intercourse, urinary frequency or urinary urgency.

Physical therapy (PT) can help relieve these symptoms, when treated by a certified pelvic floor clinician. Dr. Jodi Roman at Estes Park Physical Therapy is Level 2-certified and can treat both males and females, for symptoms above as well as urinary or bowel incontinence.

After a thorough initial evaluation, treatment can include stretches for the pelvic floor/back/hip, manual therapy, pelvic floor relaxation techniques, sacrum or coccyx mobilization, nerve glides, activity and diet modifications, as well as bowel and bladder retraining techniques.

Technically, a referral is never needed for physical therapy in Colorado, but in order for insurance to pay for PT, many insurance companies want a doctor, nurse practitioner or physician's assistant to approve the patient's initial physical therapy evaluation. Our staff will work with you to get the physician sign-off your insurance company requires. We are now accepting all major insurances. Call Estes Park Physical Therapy at 970-236-2535 for an appointment today!

