



For Every **Body** that Moves

# Endometriosis

**Patient Information Booklet**

# What is Endometriosis?

A hormone imbalance and inflammatory response in the endometrial-like tissue outside the uterus. Research has shown that women are born with endometrial-like tissues which is triggered at puberty.

Initially women report pain only during menstruation and this pain can be very debilitating. With time this can progress to pain being constant, not only impacting on day-to-day activities but also during sexual intercourse.

Sexual dysfunction arises due to the pelvic floor muscles remembering pain, therefore with intercourse they contract resulting in reduced vestibular tissue/clitoris stimulation/lubrication. Consequently resulting in reduced libido.

Pelvic pain has a significant impact on women's quality of life which can result in days off school/work due to debilitating pain. Pain can not only present in the abdomen and pelvis, but the lower back and legs.

Endometrial-like tissues can spread to other organs in extreme cases. And it is the main cause of hospitalisation.

## Signs and symptoms

There are no definitive signs and symptoms and the list below is not all inclusive to each individual:

- Painful periods
- Deep dyspareunia
- Pain initially develops at time of menstruation but then becomes constant
- Pain on emptying bowels, IBS, diarrhoea, constipation
- Altered gut function
- Difficulty falling pregnant
- Blood in urine
- Extreme pain at time of ovulation
- Pain during/after orgasm
- Back and/or leg pain during menstruation
- Rectal bleeding and/or pain
- Fatigue
- Infertility

## Risk factors

- Genetics
- Lifestyle
- Early menstruation
- Short and long flow with menstruation

# Other influencing factors to consider:

- Red meat
- Dairy
- Adequate sleep

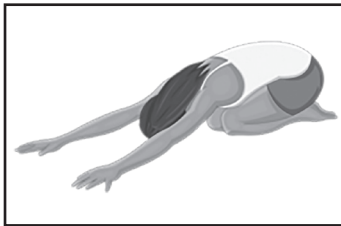
# Other treatments to consider

Physiotherapy alone may not be sufficient with controlling pain and improving your quality of life. Other treatments which research has shown to be of benefit are:

- Acupuncture
- Meditation
- Mindfulness
- Yoga

# Basic home exercises to commence

The exercises below aim to increased movement and open the front of your body up, which tends to become stiff and tight; secondary to the position we adopt when in pain, the foetal position.



**CHILD'S POSE**



**MINI COBRA**



**WARRIOR POSES**





## Further Information


If you require further information and advice regarding this condition, please contact via the following to arrange an appointment with Nicola. The initial appointment will be an hour and all follow-ups 30 minutes:


**Online booking:** [npphysio.co.nz](http://npphysio.co.nz)

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