

Endometriosis



ALCHEMY
IN MOTION

What is it?

Female specific condition where cells similar to those that line the uterus (endometrium) grow outside the uterus and in other areas of the body.

Cause

The exact cause is yet to be identified however some theories include:

- Genetic predisposition
- Retrograde menstruation & the immune system
 - Menstrual fluid flows both backwards into the fallopian tubes and out through the vagina during a woman's period
 - Menstrual fluid contains endometrial cells which can end up in the pelvic cavity during retrograde menstruation
 - In most women these cells are destroyed by the immune system. However in 10% of women, it is postulated that the immune system can not control or stop the growth of endometrial cells which can then stick and grow on pelvic organs which may cause pain or discomfort

References: See website

Symptoms

- Abnormal periods
- Severe period pain / abdominal / pelvic pain
- Pain with bladder / bowel function
- Low back pain
- Painful sex
- Pain with tampons PAP smears

Physiotherapy Treatment

- Manual therapy / massage for tight/overactive muscles especially the pelvic floor
- Targeted treatment and advice to improve your function and pain during:
 - Sexual intercourse / tampon use
 - Exercise / work / everyday activities
- Lifestyle interventions which may include:
 - Exercise programme to improve fatigue and everyday functioning
 - Strategies to help manage pain flares
 - Pelvic floor muscle home programme

Other Treatment Options

- Medication - anti inflammatories and / or hormone treatment (to halt / manage periods)
- Dietician - to assist with contributing dietary factors
- Pain psychologist
- Surgery (laparoscopy)
- Botox

Who to see



Alice Mackenzie



Ocean Kabikwa



Zoe Mills