

Vulvodynia



A L C H E M Y
I N M O T I O N

What is it?

Vulvodynia = painful vulva

The vulva designates the external female genitalia and includes:

- clitoris
- Opening of the urethra
- opening of the vagina
- Labia minora & majora

Cause

Commonly, a number of factors combine to result in vulvodynia. There often isn't one single cause.

- Other painful conditions: IBA, endometriosis, painful bladder syndrome
- Hormonal changes due to menopause / chemotherapy
- Ongoing inflammation following vaginal infections - thrush, bacterial vaginosis
- Genetic predisposition
- Psychological factors - stress, depression, trauma

Symptoms

- Constant pain in any area of the vulva which can be aggravated by sitting, underwear, tight clothing & exercising
- Intermittent pain in the vulva aggravated by direct touch - inserting a tampon or finger
- Painful sex

Physiotherapy Assessment

- Information gathering - symptoms, aggravating factors, history
- Physical assessment - this may involve a vaginal examination

Physiotherapy Treatment

Physio treatment is tailored to your individual needs, goals and assessment. Treatment may include:

- Gentle & progressive desensitisation techniques
- Gentle manual therapy to release tight and overactive muscles
- Pain science education
- Education to improve vulva care including bladder, bowel habits and sexual function
- Prescription of a tailored home exercise programme

The ultimate goal of physiotherapy is to empower you, get you back to the things that you enjoy and to improve your confidence with self management.

Other Treatment Options

- Medication
- Pain psychologist
- Sexual counsellor
- Botox
- Exercise physiologist / movement expert

References: See website

Who to see



Alice Mackenzie



Ocean Kabikwa



Zoe Mills