

# PELVIC FLOOR MYALGIA (LOWER-ABDOMINAL PAINS)

Many women visit a gynaecologist because of pains in their lower abdomen. It is necessary to clarify the conditions of the symptoms in order to find the correct treatment. Are the pains limited to the pelvis? And are there situations in which the pains worsen? There are many possible explanations for lower-abdominal pains in women, such as: inflammation, endometriosis, Mittelschmerz (ovulation), dry mucous membranes, troublesome stools, psychological conditions, or tumours in the ovaries and uterus.

If none of the above apply, the pains may be due to pelvic floor myalgia.

## CAUSES

There are numerous possible reasons behind lower-abdominal pain, but it is generally due to sore pelvic muscles. In the same way as one can get headaches from tightness in the back of the neck or sore shoulder muscles, one can suffer lower-abdominal pains from pelvic floor tightness. One can accidentally tighten the pelvis wrongly in reaction to giving birth, anxiety, a crooked pelvis, back problems, or inappropriate work positions. In some cases it can be due to speculations or maybe simply a bad habit.

## TREATMENT

Pelvic floor myalgia can be treated with a specific gymnastic / relaxation program, which you can

download via the “pamphlet” link below (“Smerter i underlivet” and “Afspænd Bækkenbunden”). The exercises take about 15 minutes and it is very likely the pains will disappear by doing the recommended strengthening and stretching exercises every morning and evening. In some cases it may also be necessary to see a physiotherapist for additional treatment.

If you have been having pains for a long time it may take a while before the disappear completely - so be patient! It is important that you consciously relax your thighs, behind, and pelvis, even when you are not doing the exercises. Remember to pay attention to how tense your muscles are.

## KEEP GOING DESPITE DISCOMFORT AND PAIN IN THE BEGINNING

You might experience discomfort when doing the exercises to begin with. You might even feel that the pain worsens. If so, we recommend you take 2 pcs Paracetamol or 200mg Ipren x3 /day throughout the first week of exercise. Even if the pains persist or worsen, it is important you keep doing the exercises twice a day because it is the most effective way to get rid of your pains.

**Pamphlets:** <https://www.birthebonde.dk/pjecer/>

**List of physiotherapists:** <https://dugof.dk/behandlerliste>

## WHO CAN I CALL WITH QUESTIONS?

You are welcome to call Kvindeklivnikken every weekday from 8.00 - 15.00 on +45 36 46 71 40.

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