

Pelvic Floor Pain/Burning and Relief

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Disclosure

Inventor of S/he*Pak

President and Owner of Femicorp.com

Sells Uberlube and Sutil/Hathor lubricants

Agenda

My Story

Healing Cascade

What We Know About Healthy
Vaginas

Causes of Pelvic Floor Inflammation

With Whom to Seek Out Care

Relief - Cooling/Icing

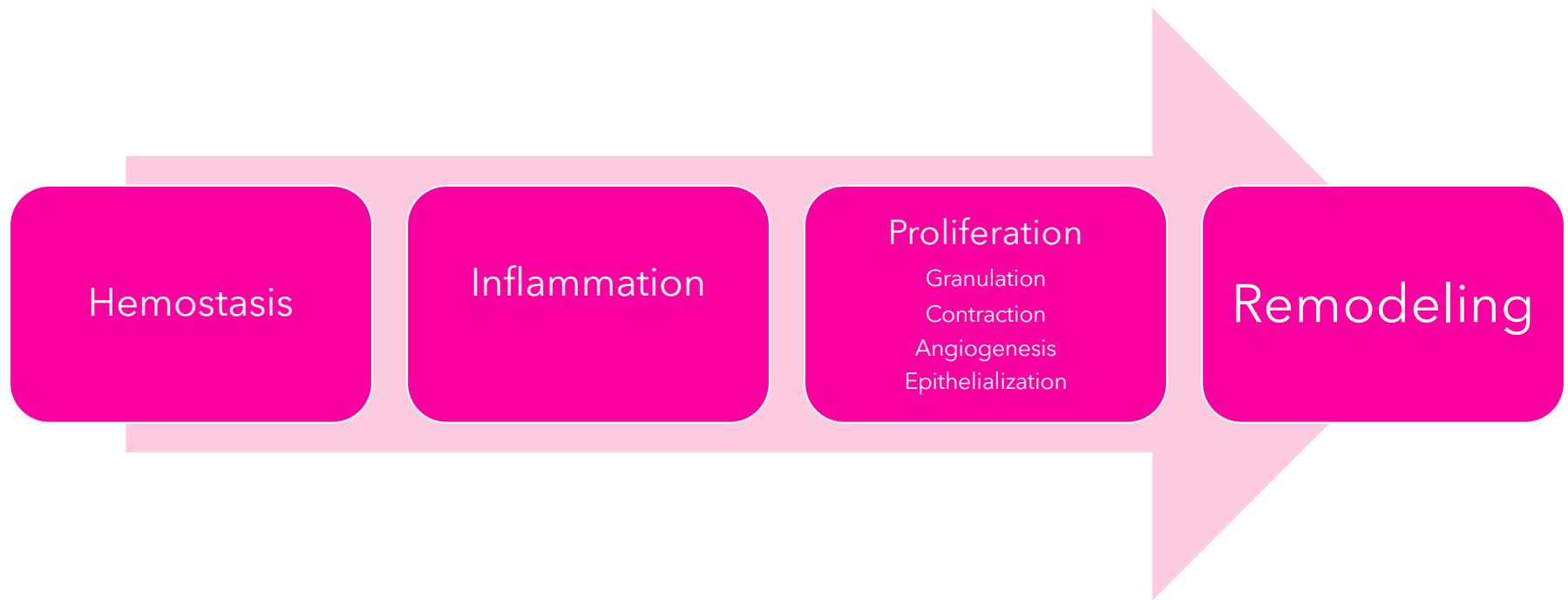


My Story

- MSPT, CWS
- Chronic Yeast Infections
- Not given much information
- Brought PT to OB/gyn
- Invented and had to learn more; not exhaustive



Wound Healing Cascade



Healthy Vaginas

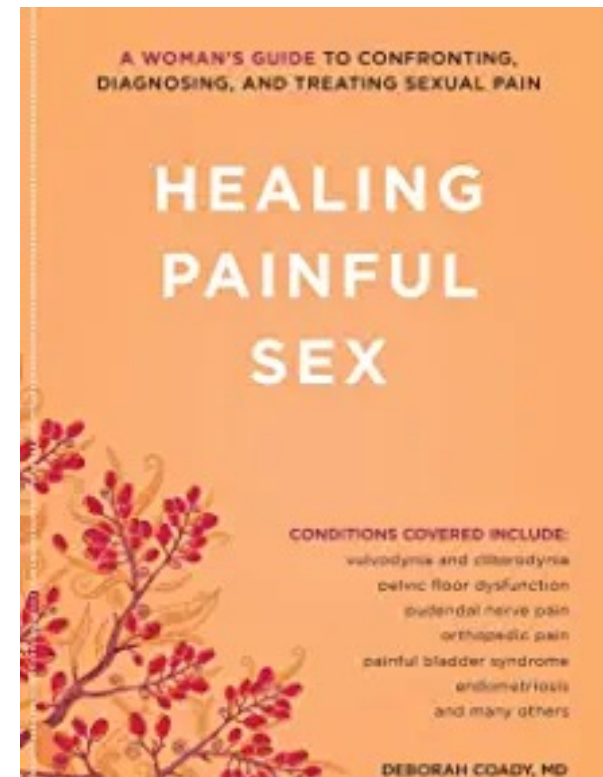
- Not sterile
- Microbiome balance – chemicals can upset, pH
- Self cleaning – pH is important
- Tissues stretch and recover – but decrease with loss of estrogen; can atrophy if not used
- Needs moisture but needs to “breathe” – Not too wet, not too dry
- Tissues are pink not red for skin color type

Causes of Pelvic Floor Inflammation

- Vaginitis – Yeast and Bacterial
- Vaginal Childbirth
- Period of Increased Intimacy
- Post Menopausal Intimacy
- Cancer Treatment
- Surgery
- Interstitial Cystitis
- Pain Syndromes – clitorodynia, vulvodynia, vestibulodynia

Healing Painful Sex

- Deborah Coady, MD



Who to See – Get a good diagnosis

- OB/Gyn Professional
- Nurse Practitioner in Women's Health – npwh.org
- Vulvar/Vulvovaginal Pain Clinic – parknicollet.com
- Vaginal Rejuvenation – wayzatacosmeticsurgery.com
- Physical Therapist in Women's Health – aptapelvichealth.org
- Incontinence Clinic
- Sexual Health and Medicine – isswsh.org; issm.info;



ISSWSH Pain Course

- Designed for healthcare providers across disciplines to address the important and common concerns expressed by women regarding sexual pain, ISSWSH launches a dedicated course on Sexual Pain. This course dives deep into the evaluation, diagnosis, and treatment of sexual pain in women and aims to give the healthcare provider the tools needed to support patients suffering with vulvovaginal and pelvic pain. This course will address the conditions and treatments for:
 - Vulvodynia
 - Clitorodynia
 - Genitourinary Syndrome of Menopause (GSM)
 - Interstitial Cystitis/Urethritis
 - Dyspareunia
 - Vulvovaginal and Vulvar Dermatoses
 - Persistent Genital Arousal Disorder (PGAD)
 - Conception Pregnancy/Post-Partum Pain
 - Recurrent/Resistant Vaginitis
 - Endometriosis and other Gynecological Causes of Pelvic Pain

Relief – When Having Issues

- Cotton underwear – not just the gusset; no styles that rub the area
- Cool/Ice the tissues – decreases inflammation; pain, itch, burning, swelling
- Coconut oil
- Use healthy lubricants – [Lubricant 101 Article](#)
 - Most OTC lubes steal moisture
 - <https://www.femicorp.com/articles/does-your-lubricant-help-or-hurt-lube-101/>
- No soap with perfumes, dyes, scents – unscented glycerin soap
- Avoid baths with salts and essential oils
- Apply yoghurt or kefir – restore microbiome
- Boric Acid – especially with BV
- Aloe Vera Lubricant – desertharvest.com - healing

Vulvar Skin Care – Health Partners

- Laundry
 - Use free of scents and chemicals All Free Clear and use less amount.
 - No fabric softeners
 - May use dryer balls
 - Rinse stain removers off before washings
 - May use white vinegar or lemon juice to freshen clothing and remove oils
- Clothing
 - All cotton
 - No nylon even if cotton gusset
 - No thongs
 - Loose fitting bottoms when sleeping
 - Thigh high stockings or cut out the crotch
 - No tight clothing or synthetic fabrics
 - Remove wet and damp clothing ASAP

Vulvar Skin Care – Cont.

- Bathing

- Don't rub with wash cloth
- No soap
- No bubble bath, salts, or scented oils
- Use gentle soaps on rest of body
- No lotions in the area with perfumes or dyes
- No douching
- Pat dry



- Hygiene

- Protect skin – coconut oil
- After every toilet event
- White, unscented TP – no aloe
- No baby wipes
- Do not shave, wax, or use hair removal products. May use scissors or clippers. Laser hair removal okay.
- Non-deodorizing tampons
- Pads – cotton liner, not nylon mesh

Vulvar Skin Care – Cont.

- Sexual Activity
 - Use lubricant – decreases dryness and microtrauma
 - Use healthy lubricant
 - Do not use lubricated condoms or contraceptive jellies, creams, or sponges



Aging and Vaginas

- If you've been on the bench and are back on the court, you may experience challenges, but don't give up! You are not out to pasture! You deserve intimacy.
- Use healthy lubricant
- Consider dilator sets
- See a pelvic floor PT – muscles spasms, strengthening
- Ice after intimacy – not just relief but healing faster





Thank you and Questions

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