

# Physical Therapy for Pelvic Pain: Understanding the Musculoskeletal Connection

(Termination date: September 30, 2008)

This activity has been planned and produced in accordance with ACCME Essentials. The estimated time to complete this activity is 1 hour.

*Instructions:* Read the article beginning on page 50 and select the best answer for each of the following questions. Test form and mailing instructions are on the next page.

1. For patients with pelvic pain treated by laparoscopy for endometriosis or adhesions, what percentage obtain relief?
  - a. Fewer than 20%
  - b. 25% to 33%
  - c. Fewer than 50%
  - d. More than 66%
2. Pelvic floor tension myalgia (PFTM) is characterized by a shortened, hypertonic musculature and:
  - a. small vulvar nodules.
  - b. myofascial trigger points.
  - c. distinct areas of numbness.
  - d. all of the above.
3. Pain from PFTM is typically referred to the:
  - a. perineum.
  - b. lumbosacral region.
  - c. lower abdomen.
  - d. all of the above.
4. Because the pelvic-floor nerves are routed through the medial thalamus:
  - a. they are more prone to inappropriate contraction.
  - b. they are vulnerable to the effects of hormonal dysfunction.
  - c. it is difficult to localize the source of pain to that area.
  - d. they can be affected by dysfunction of the hypothalamic-pituitary-ovarian axis.
5. For the patient with pelvic pain, physical therapy (PT) can:
  - a. eliminate trigger points.
  - b. promote adhesiolysis.
  - c. decrease the size of leiomyomata.
  - d. reduce endometriotic implants.
6. A key element in establishing the diagnosis of PFTM is the patient's:
  - a. degree of pain.
  - b. response to vaginal examination.
  - c. bowel function.
  - d. proprioception.
7. During the internal examination, orientation to the pelvic-floor musculature is facilitated by first identifying the:
  - a. arcus tendineus.
  - b. obturator internus.
  - c. pubococcygeus.
  - d. piriformis.
8. Trigger-point release is best accomplished by:
  - a. biofeedback therapy.
  - b. direct manual PT.
  - c. cryotherapy.
  - d. laser ablation.
9. The success of PT for pelvic pain depends on the therapist's ability to:
  - a. follow a proven step-wise protocol.
  - b. combine PT with biofeedback relaxation techniques.
  - c. identify the needs of the individual patient.
  - d. see the patient for multiple intensive weekly sessions.
10. Physical therapy for pelvic pain should focus on:
  - a. deficits in motor control.
  - b. integration of the genitourinary system.
  - c. the strength of the individual pelvic-floor muscles.
  - d. preparing the patient for laparoscopy.

# Physical Therapy for Pelvic Pain: Understanding the Musculoskeletal Connection

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(Termination date: September 30, 2008. No credit will be given after that date.)

Record your answers here by circling the appropriate letter:

1. a b c d
2. a b c d
3. a b c d
4. a b c d
5. a b c d
6. a b c d
7. a b c d
8. a b c d
9. a b c d
10. a b c d

Name	(Please print)	Last	First	Initial
Degree		Specialty		
Address				
City				
State/ZIP				
Phone #				
I have read this article and completed this activity in _____ hours.				
Signature			Date	

For you to obtain credit, 70% or more of your answers must be correct. To cover costs of processing, please enclose a check for \$15, which is tax-deductible, payable to the Albert Einstein College of Medicine, and mail with this answer sheet to:

Albert Einstein College of Medicine  
Center for Continuing Medical Education  
Attn: TFP  
3301 Bainbridge Avenue  
Bronx, NY 10467

Participants will receive certification for their records in approximately 4 to 6 weeks.

## Course Evaluation

**Albert Einstein College of Medicine is interested in your opinion. Please take a moment to evaluate this activity.**

1. In comparison with other activities, how would you rate this activity?  
 Excellent     Good     Fair     Poor
2. Did this activity meet the stated objectives?     Yes     No  
 Comments: \_\_\_\_\_  
 \_\_\_\_\_
3. What percentage of the material is new to you?  
 100%     75%     50%     25%     0%  
 Please give two examples of what you learned:  
 \_\_\_\_\_  
 \_\_\_\_\_
4. As a result of your participation in this activity are you making any changes in your practice?     Yes     No  
 Please give two examples:  
 \_\_\_\_\_  
 \_\_\_\_\_

5. Were any portions of this activity unsatisfactory or inappropriate?     Yes     No  
 If so, which?  
 \_\_\_\_\_  
 \_\_\_\_\_
6. Do you find the information presented in this activity to be objective, balanced, and of scientific rigor?     Yes     No  
 Comments: \_\_\_\_\_  
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7. In your opinion, were the authors biased in their discussion of any commercial product or service?     Yes     No  
 Comments: \_\_\_\_\_  
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8. Is there subject matter you would like included in the future?  
 Yes     No  
 Comments: \_\_\_\_\_  
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