

3rd International Conference and Exhibition on

Physical Medicine & Rehabilitation

May 18-20, 2015 San Antonio, USA

Understanding and developing treatment strategies for pelvic pain syndromes

Denise Jagroo
VA Hospital, USA

There are many intertwined causes that may lead to pelvic pain. These causes include musculoskeletal, neural, visceral and hormonal factors among others. Common injuries often become compounded and chronic and begin to involve neighboring systems in the body. This lecture will delve into the anatomy of the pelvic structure as well as the overlapping symptoms, referred pain patterns and clinical presentations of pelvic pain syndromes. The common misdiagnoses, mistreatments and mistakes in managing these patients will be reviewed. Recommendations for clinical questioning of the patient, evidence based treatment strategies and proper management of the pelvic pain patient will be discussed. Specific conditions such as coccydynia, pelvic floor syndromes and pudendal neuralgia will be discussed as well as influential neural processes such as central sensitization. This lecture will provide the attendees with practical application and a broader understanding of the complex pelvis.

Biography

Denise Jagroo earned her Doctoral Degree from NYU. She is also a Board Certified Clinical Specialist in Women's Health Physical Therapy. Along with being certified in both Pelvic Physical Therapy and Manual Physical Therapy, she is the author of *Your Best Pregnancy: The Ultimate Guide to Easing the Aches, Pains and Uncomfortable Side Effects During Each Stage of Your Pregnancy*. She has lectured at several national conferences, teaches her own full day course and has her own private practice in NYC. She pioneered a pelvic clinic at the Manhattan Veterans Hospital and is a pelvic pain survivor.

denise@drjagroo.com

Notes: