

# 8<sup>th</sup> International Conference on REPRODUCTIVE HEALTH, EMBRYOLOGY AND FERTILITY

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## Pelvic Adhesions and Fertility.

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In the 8<sup>th</sup> International Conference Series on Reproductive Health, Embryology, and Fertility Webinar, my topic of the presentation is 'Pelvic Adhesions and Fertility'. Infertility is a big concern in today's era which affects millions of couples. Female Infertility is a condition of the reproductive system that prevents the female from getting pregnant, after a year of regular unprotected intercourse. Infertility has grown to be a serious problem today, affecting young generations to a great extent. About 27.5 million couples in India are unable to conceive due to it. Out of the total infertile population, 30% are Due to female infertility, 30% due to male infertility, 20% in both cases and the rest 20% is unidentified. Causes of Infertility in Females can be various such as ovulation disorders, endocrine disorders, hormonal imbalances, PCOD/overweight, lifestyle factors, stress, age, fallopian tubal blockage, adhesion formation, and endometriosis. Another big reason for female fertility can be because of adhesion formations inside the uterus or around the fallopian tubes which can affect blockage of passages and poor endometrium formation. After cut or surgery new scar tissue forms to heal the spot. Adhesions are a healing process after surgery or a cut. This tissue can create a surrounding area to adhere to and causes various effects on the mobility of pelvic & abdomen organs. Adhesion formation can grab tissues surrounding the uterus, fallopian tubes, and ovaries. These adhesive tissues will then need to be massaged to allow more flexibility and movement back into the area. E.g. If you can imagine grabbing your shirt and pulling it tight together, the surrounding area where you are grabbing is also getting pulled toward that spot. This leads to pain and restriction in the surrounding area of the pelvis or abdomen. The topic of 'Pelvic Adhesions and Fertility' will help physiotherapy professionals to understand this important concept and to provide better insights which will help them to treat and create better rehabilitation protocols for the patients in their infertility issues. This presentation will also be useful for all other qualified healthcare professionals, such as a gynecologist, and urologists to understand the role of physiotherapy in the treatment of block fallopian tubes or adhesive pelvic region. Treatment of female infertility is multidisciplinary. Based on internal adhesion formation surrounding the organ, the healthcare providers can recommend appropriate treatment and rehabilitation plans. It is accepted and highly recommended for all women health practitioners to understand the effect of adhesion on female reproductive health issues especially infertility for their further research and teaching wherever possible. The concept is easy to understand and very simple to implement for health service providers in female infertility.

## Biography

Sunita Patel studied Physiotherapy at the M.D. University, Rohtak, India and graduated as BPT in 2007. She then studied Post-Graduate Advanced Diploma in Healthcare Management in 2009 from London, UK. And, presently working in the field of Women Health Physiotherapy in India. She is specialized in female fertility massage techniques and manual therapies. She has conducted more than 30 Hands-on workshops and more than 30 webinars in Women Health & Pelvic Floor across the India & world. She is eminent speaker in more than 20 national & international universities, conferences & over various educational platforms.

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