

## ENDOMETRIOSIS INFORMATION

### Endometriosis- how can physiotherapy help?

Physiotherapy can play a significant role in managing endometriosis, particularly in addressing pain and improving overall quality of life. Physiotherapists specialising in pelvic health can offer a range of techniques to manage pain, improve muscle function, and enhance bodily awareness.



In:

- **Pain Management:**  
Physiotherapy can help reduce pain associated with endometriosis through various techniques like manual therapy (massage and guided stretches), gentle exercises, and pain education.
- **Pelvic Floor Muscle Dysfunction:**  
Endometriosis can affect pelvic floor muscles, leading to tightness, pain, and problems with bladder and bowel function. Physiotherapy can address these issues through relaxation

techniques, strengthening exercises, and manual therapy.

- **Improved Movement and Function:**  
Physiotherapists can assess and address movement patterns and muscle imbalances that may contribute to pain and discomfort.
- **Education and Self-Management:**  
Physiotherapists can educate patients about endometriosis, pain mechanisms, and provide guidance on exercises, breathing techniques, and other strategies for self-management.
- **Bladder and Bowel Management:**  
Physiotherapy can help improve bladder and bowel function by addressing muscle imbalances and teaching techniques for optimal emptying.
- **Exercise and Lifestyle Advice:**  
Physiotherapists can guide patients on appropriate exercise routines, including general fitness and targeted exercises for pelvic floor and surrounding muscles.

### Specific Physiotherapy Techniques

- **Manual Therapy:**  
This includes techniques like myofascial release, self stretching exercises, and massage to address muscle tightness and pain in the pelvic area.
- **Pelvic Floor Exercises:**  
Exercises to improve pelvic floor muscle control, including strengthening and relaxation techniques.
- **Breathing Exercises:**  
Deep breathing techniques can help calm the nervous system, reduce muscle tension, and improve overall relaxation.

- **Pain Neuroscience Education:**  
Understanding the body's pain response can help patients manage pain more effectively.
- **Exercise and Movement Therapy:**  
Tailored exercise programs to improve strength, flexibility, and reduce pain.
- **Electrotherapy:**  
Modalities like TENS (Transcutaneous Electrical Nerve Stimulation) may be used to help manage pain.
- **Heat/Cold Therapy:**  
Applying heat or cold packs can help reduce muscle pain and inflammation.
- **Lifestyle Advice:**  
Guidance on sleep hygiene, stress management, and other lifestyle factors that can impact endometriosis symptoms.
- **Self paced learning**
  - <https://www.endozone.com.au/>
  - [https://www.gendo.org.au/manage\\_endo](https://www.gendo.org.au/manage_endo)
- **Support for preparing for laparoscopy and endometriosis surgery**
  - [Laparoscopy Guide](#)
  - [Matilda App 8 week prehab](#)

#### A few links to assist:

- [Frequently Asked Questions answered by Pelvic Health Clinic Physiotherapist Georgia Clarkson](#)
- [Summary of how physiotherapy can help by pelvic health physiotherapist Angela James](#)
- [Pelvic Pain Foundation of Australia education and resources](#)
- [Managing Pelvic pain in girls and women](#)
- **Pelvic stretches**
  - [Download pdf from](#)
  - [Endzone stretches](#)
  - [Video](#)
- **Yoga videos**
  - <https://www.youtube.com/watch?v=WF7gAPMG4fM>
  - <https://www.youtube.com/watch?v=kpBcsM1lffw&t=20s>