

# Global Physiotherapy Congress

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## Amy Stein

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### The role of manual therapy for vulvodynia and overactive pelvic floor

**Context:** Many conditions of pelvic and sexual dysfunction can be addressed successfully through pelvic floor physical therapy.

**Objective:** To provide an update on the role of pelvic floor physical therapy in the evaluation and treatment of pelvic and sexual dysfunctions.

**Aim:** An update on peer-reviewed literature.

**Methodology:** To teach healthcare practitioners how to recognize pelvic floor conditions that can be addressed and treated by experienced pelvic floor physical therapists. To be able to differentiate overactive (hypertonic) pelvic floor disorders from underactive (hypotonic) pelvic floor disorders.

**Results:** Pelvic floor muscle overactivity and underactivity has been proven to be a successful option for pelvic and sexual dysfunction. Having an understanding of the role of the organs, nerves, fascia, and musculoskeletal system in the abdomino-pelvic and lumbosacro-hip region and how pelvic floor physical therapists can effectively evaluate and treat pelvic and sexual health.

**Conclusions:** Musculoskeletal causes of pelvic floor disorders affect a substantial proportion of men, women and children and pelvic floor physical therapy is a successful and non-invasive option. Pelvic floor examination by healthcare practitioners is essential in identifying when to refer to pelvic floor physical therapy. Further research is needed.

### Biography

Amy Stein is the Founder of and a premier Practitioner at Beyond Basics Physical Therapy in NYC, specializing in "Pelvic floor dysfunction, pelvic pain, women's health and manual therapy for men, women, and children". Her treatment consists of a multimodal and a multidisciplinary approach to each patient's entire well-being. She is the author of *Heal Pelvic Pain*, an easy-read, self-help book and has recently made a home video called *Healing Pelvic and Abdominal Pain: The ultimate home program for patients and a guide for practitioners*. She is a Founder of Alliance for Pelvic Pain, a patient-oriented educational retreat, which is held one to two times each year. She is also a contributor to the medical textbook, *Female Sexual Pain Disorders: Evaluation and Management* and serves on the Executive Board of the International Pelvic Pain Society. She is a well-recognized expert in her field, lectures nationwide and has been interviewed in media outlets ranging from the medical segments of popular TV news shows, like *ABC's 20/20* to such newspapers as the *New York Daily News* and magazines such as *Elle* and *More* magazine. She is a member of ISSWSH, the NVA, ICA, the APTA Women's Health section, and many other organizations. She completed her Master's in Physical Therapy from Nova Southeastern University in 1999 and Doctorate in Physical Therapy in 2013.

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