

# Pelvic Organ Prolapse

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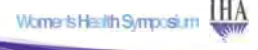
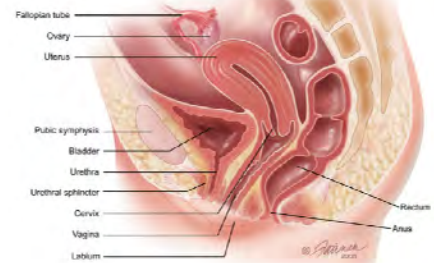
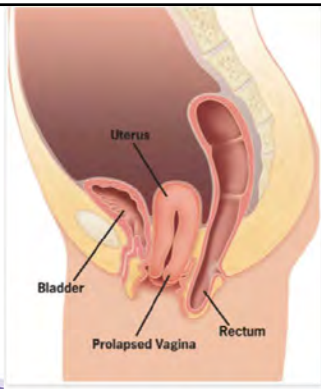
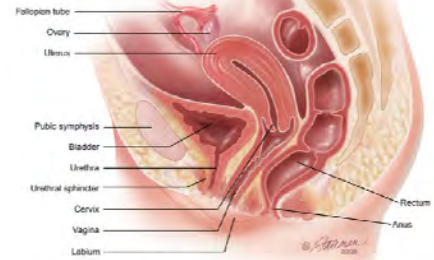


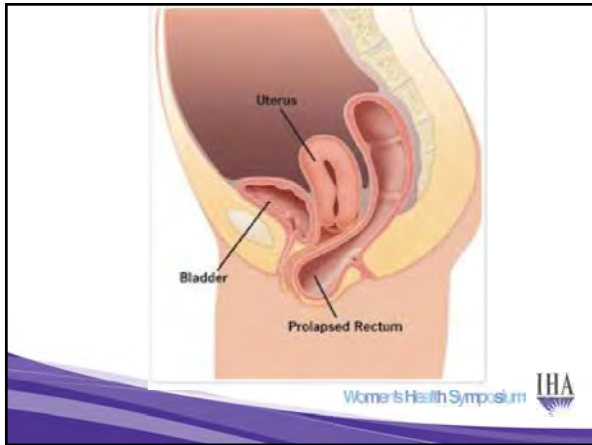
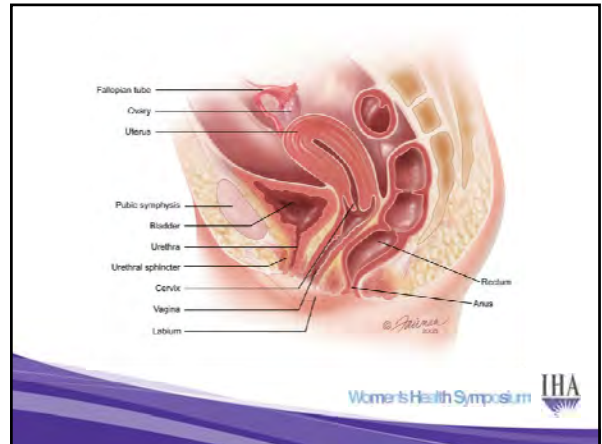
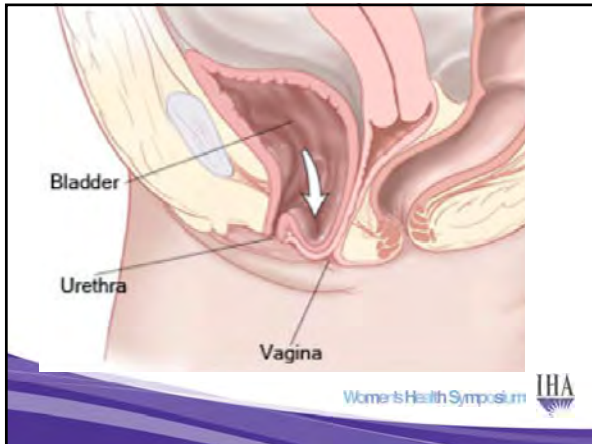
## Topic Outline

- Diagnosis - What is the Problem?
- Pathophysiology - Why Does it Happen?
- Risk Factors - Who Does it Happen to?
- Symptoms - How Do I Know if I Have it?
- Treatment - What Can Be Done About it?
- Experts - When Do I Need More Than My OB/GYN?



## What is Pelvic Organ Prolapse?





## Why Does it Happen?

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## Why it Happens

Stretching/ Weakening of the normal support tissues  
Underdeveloped/Weak pelvic floor muscles

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## Who is at Risk?

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## Risk Factors

- Childbirth
  - Multiple deliveries
  - Large babies
  - Operative deliveries
- Age
- Obesity
- Chronic constipation
- Chronic coughing

## What are the Symptoms?

## Symptoms

- Pressure
- Bulge
- "Falling Out"
- Difficulty Going to Bathroom

## How is it Treated?

## Treatment

- Do Nothing (Expectant Management)
- Pelvic Floor Physical Therapy
- Pessary
- Surgery

## Help Beyond Your Normal OB/GYN

## IHA Experts in Pelvic Organ Prolapse

- Adam Ziff, DO – IHA Associates in Gynecology & Gynecology – WestArbor
- S. Elena Gimenez, MD - IHA Urology

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## Pelvic Floor Physical Therapy for Pelvic Pain

Erika Mowers MD  
IHA Associates in Gynecology & Obstetrics –  
Brighton  
St. Joseph Mercy Academic OB/GYN Center

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## Chronic Pelvic Pain

- Many causes
  - Endometriosis
  - Adenomyosis
  - Ovarian cysts
  - Neuropathic pain
  - Gastrointestinal (e.g Irritable bowel syndrome)
  - Genitourinary (e.g. Interstitial cystitis)
  - Vulvodynia
  - Vaginismus
  - Dyspareunia
  - Pudendal neuralgia

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## Myofacial Pain

- VERY common but under-recognized source of pain.
- Many experts think all women with chronic pelvic pain have some degree of myofacial pain.
- Most often there is no clear cause.

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## Myofacial Pain

- Pain that arises from dysfunction, spasticity, and/or hypersensitivity of the muscles and connective tissue.
- Can involve pelvic floor, abdominal wall and/or low back.
- Diagnosed by history and physical exam (no blood test or imaging is helpful).

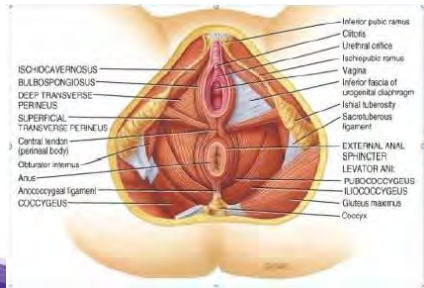
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## Physical Therapy for Myofacial Pain

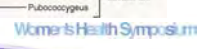
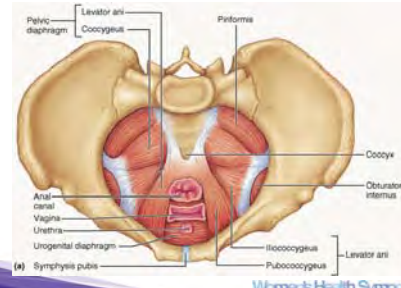
- Physical therapist performs a complete evaluation and designs an individual treatment plan.
  - Pain mapping
  - Bony alignment
  - Mobility/flexibility/range of motion
  - Muscle strength
  - Trigger points
  - Soft tissue
  - Nerves

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### Physical Therapy for Myofascial Pain -Examination



### Physical Therapy for Myofascial Pain -Examination



### Physical Therapy for Myofascial Pain

- Treatment options:
  - Pelvic floor muscle training
  - Biofeedback
  - Ultrasound
  - Low doses of electrical stimulation
  - Trigger point and/or scar release
  - Diaphragmatic breathing/relaxation
  - Dilator therapy



### Treatment

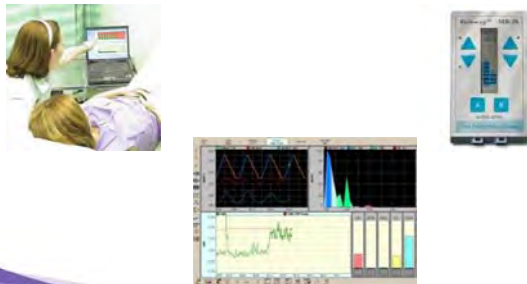
Trigger Point Release



Dilator Therapy



### Treatment - Biofeedback



### Treatment –Ultrasound and Electrical Stimulation



### Physical Therapy for Myofacial Pain

- Requires a physical therapist with specialty training in female pelvic pain.
- Pain often worsens initially – important to complete the entire course of physical therapy.

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### Adjuvant Therapies

- Trigger point injections
- Intravaginal muscle relaxers
- Botox
  
- Repetitive surgery is NOT helpful and often makes myofacial pain worse

### QUESTIONS?

*Thank you for coming!*