**Residency Program**

Division of Physical Therapy

Department of Allied Health Sciences

School of Medicine

The University of North Carolina at Chapel Hill

**Content Area**: Female Chronic Pelvic Pain

**Content Description**: This module is designed to advance the resident’s skills in evaluating and managing chronic pelvic pain conditions in female patients. Students are provided literature and clinical resources related to (i) the identification of common musculoskeletal, neuromuscular, and visceral “generators” of chronic pelvic pain, (ii) neurophysiological changes that contribute chronic pain disorders, and (iii) evidence-based physical therapy interventions to manage “pain generators” and promote desensitization. Evidence-based decision making is modeled using case studies that emphasize application of the material to clinical practice. Learning activities give students the opportunity to rehearse the course content and their clinical decision-making prior to use in clinical practice.

**Content Objectives**:

At the successful completion of this module, the student will be able to:

1. Discuss evidence-based physical therapy management for chronic pelvic pain conditions including identification of impairments, developing patient goals, and integration of evidence-based treatment into the plan of care.
2. Identify the components of medical history that are necessary when evaluating a patient with chronic pelvic pain.
3. Describe important factors to consider when evaluating and treating a patient with chronic pelvic pain.
4. Identify outcome measures appropriate for use in patients with chronic pelvic pain.
5. Identify common “generators” of chronic pelvic pain conditions in women.
6. Provide a rationale for clinical decision-making when treating a patient with chronic pelvic pain.

**Content Schedule/Teaching Plan/Learning Activities**:

|  |  |  |  |
| --- | --- | --- | --- |
| **Week/Topic** | **Required Readings** | **Supplemental Resources** | **Assignment** |
| **Week 1:** PT Evaluation and Management of Female Chronic Pelvic Pain | * VoiceThread/PowerPoint: Female Chronic Pelvic Pain: Considerations for Physical Therapy Evaluation and Management * Document: Chronic Pain Term List & Common Pelvic Pain Conditions * **Bradley et al. (2017)** Physical therapy treatment of pelvic pain. | * eBook: Sluka K. Mechanisms and Management of Pain for the Physical Therapist. * **Cozean et al. (2017)** Pelvic floor PT in the treatment of a patient with interstitial cystitis, dyspareunia, and low back pain. * **Aredo et al. (2017)** Relating chronic pelvic pain and endometriosis to signs of sensitization and myofascial pain and dysfunction. | Part A |
| **Week 2:** Treatment of Central Sensitization of Chronic Pain | * **Hilton et al. (2011)** The Puzzle of Pelvic Pain- A Rehabilitation Framework for Balancing Tissue Dysfunction and Central Sensitization.   Plus one of the following:   * **Lotze et al. (2015)** Theoretical Considerations in Chronic Pain Rehabilitation * **Pelletier et al. (2015)** Addressing Neuroplastic Changes in Distributed Areas of the Nervous System Associated With Chronic Musculoskeletal Disorders | Refer to the Week 2 course webpage for resources and evidence for the following interventions:   * Pain neuroscience education * Graded Motor Imagery (GMI) * Diaphragmatic breathing for pain relief * Physical activity for pain relief | Part B |