



# Pelvic Pain

Chronic pelvic pain can be challenging to manage and often requires a multidisciplinary approach to help alleviate symptoms and improve overall well-being.

# We understand your pain

At Nura, our team specializes in determining the root cause of your pain and building a comprehensive treatment plan tailored to your needs.

Our Pelvic Pain Management Program combines minimally invasive interventional pain procedures with specialized physical therapy to calm pelvic nerves and behavior counseling to reduce the anxiety and depression that often accompanies chronic pelvic pain.

The primary goals are to reduce pain, restore function, and improve overall quality of life.



## **WHAT IS PELVIC PAIN?**

Chronic pelvic pain refers to persistent or recurring pain in the lower abdomen or pelvis that lasts at least six months. It can arise from the digestive, reproductive, or urinary systems as well as muscles and connective tissue in the structures of the pelvic floor. Pelvic pain is a complex condition that can affect both men and women, although it is more commonly reported by women.

## **WHAT CAUSES PELVIC PAIN?**

The exact cause of chronic pelvic pain can be challenging to determine, as it may result from various underlying conditions or a combination of factors.

### **COMMON CAUSES OF PELVIC PAIN**



Gynecological conditions

Urological conditions

Musculoskeletal problems

Gastrointestinal disorders

Nerve-related issues

Psychological factors

## HOW IS PELVIC PAIN DIAGNOSED?

### PATIENT EVALUATION

The first step in effective pelvic pain management is conducting a thorough evaluation that includes a review of your outside medical records and a focused physical examination.

We recommend that you undergo a pelvic exam by a gynecologist or a prostate exam by a urologist or primary care physician within 60 days of starting your personalized treatment program at Nura. This will ensure that you've been screened for any treatable, organic diseases that may be contributing to pain in your pelvic region.

### DIAGNOSTIC TESTING

A critical component of your pelvic pain evaluation involves sophisticated diagnostic testing. We will review the results of any previous tests you may have undergone before coming to Nura. Our team may order additional tests or imaging as necessary.



## HOW CAN NURA HELP?

The management of chronic pelvic pain requires a multidisciplinary approach. Your personalized treatment plan may involve a combination of medication, physical therapy, behavioral counseling, interventional procedures, lifestyle modifications, and in some cases, minimally invasive surgical options to address complex pain.

### OUR COMPREHENSIVE APPROACH TO PAIN MANAGEMENT

#### MEDICATION MANAGEMENT

We provide non-opioid and opioid medication as necessary for pain relief. If you are prescribed medication as part of your care plan, you will meet with one of our providers at least once per month, and sometimes as often as once per week, to assess your progress and manage your dosage.



#### IMPLANTABLE PAIN CONTROL SYSTEMS

In more severe cases that are not responding to conservative treatment, Nura offers implantable pain control using neurostimulation and targeted drug delivery. These systems block pain signals by delivering gentle electrical pulses or doses of medication to a targeted area.

#### PHYSICAL THERAPY

Nura's physical therapists are certified in pelvic floor rehabilitation. Our patient-centered approach aims to restore control by providing self-management relief strategies that strengthen the pelvic floor muscles, reduce pain, and improve function.

#### BEHAVIORAL HEALTH

Pelvic pain can be difficult to talk about and is often associated with anxiety and depression. Our trained psychologists understand the emotional stressors that affect people with chronic pelvic pain and use tools like relaxation training, biofeedback, and group support to help you cope.

#### INTERVENTIONAL PROCEDURES

Our board-certified physicians are experts at targeting the most common pain-generating nerves in the pelvis. Procedures we offer include caudal epidural blockade, hypogastric plexus block, pudendal nerve block, ilioinguinal nerve block, genitofemoral nerve block, and radiofrequency ablation.

*Improving the lives of people living  
with the most complex chronic pain  
through exceptional care.*

To schedule an appointment with  
one of our pain management  
experts, please call 763-537-6000.

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