

Contents

Acknowledgments.....	v
About the Author.....	vi
Introduction	
So, you've got pelvic pain ...	1
A New Approach.....	6
Summary.....	13
Chapter 1	
Anatomy, Biomechanics and Pathology.....	15
The Pelvic Girdle.....	15
The Sacroiliac Joint.....	15
The Pudendal Nerve.....	18
Filling and Emptying the Bladder.....	24
Nerve Supplies to Anal Sphincter and the Rectum.....	26
A Discussion on Pain after Orgasm and Ejaculation.....	31
Overview of Nerve Distribution to Major Anatomical Areas.....	34
Erectile Function.....	35
Chapter 2	
Musculoskeletal Assessment.....	37
Patient History.....	38
Physical Assessment.....	42

Chapter 3

Treatment	45
Releasing the Restrictions Maintaining the Innominate in an Incorrect Position on the Sacrum.....	45
Maintaining correct lumbar posture	52
Managing flare-ups: Neural Hypersensitivity	60
A Word Here on Smudging.....	63
Chronic Pain Management	65
References	71