

Chronic Pelvic Pain, Central Sensitisation and Viscero-Somatic Interactions

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Faculty:

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Chronic pelvic pain (CPP) occurs in women of all ages (i.e, pre-, peri- and post-menopausal) and lifestyles from sedentary office workers to elite athletes. Although CPP is highly prevalent, it too often is approached solely as a gynecological issue and managed only with standard medical treatments such as surgery and hormones.

CPP has a variety of causes requiring accurate diagnosis and appropriate treatment if pain is to be effectively reduced and myofascial function (especially the pelvic floor muscles) is to be optimized. Unfortunately, CPP often persists despite multi-modal treatment. Furthermore, women with CPP have a higher prevalence of fibromyalgia and irritable bowel syndrome, among other conditions, than the general population.

This thought-provoking, evidence-informed and clinically impactful lecture will *demonstrate and explain* why women with CPP have multiple symptoms (e.g., dyspareunia, vulvodynia, unexplained back pain, and hip and groin pain) and multiple co-morbidities (e.g., interstitial cystitis, irritable bowel syndrome, and pelvic inflammatory disease) associated with pain and central sensitization that are *not limited* to pelvic organs or musculoskeletal structures. This makes accurate diagnosis particularly challenging. Unfortunately, incorrect diagnoses too often result in avoidable patient harm and needless suffering because inappropriate and potentially deleterious treatments were mistakenly provided.

Fortunately, new insights from the neurosciences into the relationship between musculoskeletal pain and visceral conditions (e.g., endometriosis, and painful bladder syndrome), powerfully illustrate that central sensitization and myofascial dysfunction (especially involving the pelvic floor muscles), as well as viscerosomatic interactions, play a *foundational role* in the accurate assessment and proper management of CPP. In addition, novel applications of transperineal ultrasound (demonstrating changes in muscle parameters following myofascial release techniques) will be presented and their potential clinical relevance discussed.

About Our Speakers:

1. Alime Buyuk

Alime Buyuk is a pelvic health physiotherapist, academician and clinical investigator in the field of pelvic floor health in the Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation at Akdeniz University, Antalya, Turkey. Her interests include chronic

myofascial pelvic pain and dysfunction and pelvic health physiotherapy. She received her masters degree from Hacettepe University in Ankara, Turkey in 2016.

Alime is a highly acclaimed educator and has given many invited lectures and taught hands-on workshops for physiotherapists and other clinicians in several countries including the UK, Germany, USA, Jordan, Turkey and Canada.

Since 2016, Alime has been conducting her doctoral research and part time has been at Sherbrooke University, Physiotherapy and Rehabilitation Department, Labo-Morin Urogynecology Laboratory in Quebec, Canada. She is a member of the International Pelvic Pain Society (IPPS) and is very active in organizing international meetings of the IPPS. She is also co-founder of the International Pelvic Health Institute and has been organizing and teaching local pelvic health educational scientific courses and workshops for physiotherapists in her native Turkey for the past 7 years.

In 2021, Alime was selected by the IPPS to be an advisory board member, and she also became, notably, the *first* physiotherapist and foreigner (i.e., non-American) to ever receive the prestigious *Dr. Fred Howard Early Investigator Award* for her novel and clinically impactful studies on chronic pelvic pain.

2. Jay Shah

Jay Shah is a physiatrist and clinical investigator in the Rehabilitation Medicine Department at the National Institutes of Health in Bethesda, Maryland USA. His interests include the pathophysiology of myofascial pain and the integration of physical medicine techniques with promising complementary approaches in the management of neuro-musculoskeletal pain and dysfunction. He also completed the UCLA Medical Acupuncture course and a two-year Bravewell Fellowship at the Arizona Center for Integrative Medicine.

Jay is a well-known lecturer on mechanisms of chronic pain, myofascial pain, acupuncture techniques and other related topics. He and his co-investigators have utilized novel microanalytical and ultrasound imaging techniques that have uncovered the unique biochemical milieu and viscoelastic properties of myofascial trigger points and surrounding soft tissue. Their studies have demonstrated *objective, reproducible* and *quantifiable* muscle tissue properties associated with MTrPs and the quantitative effects of dry needling of active MTrPs on these tissue properties, in addition to showing significant improvements in pain, range of motion and patient self-report outcomes in mental health and physical function.

He has given many invited lectures and hands-on courses nationally and internationally for physicians, physiotherapists, chiropractors, dentists, acupuncturists, and massage therapists among other professional groups. His presentations integrate the fascinating and impactful knowledge emerging from the basic and clinical pain sciences, thereby helping clinicians to optimize their evaluation and management approaches to musculoskeletal pain and dysfunction.

Jay was selected by the American Academy of Pain Management as the 2010 recipient of the Janet Travell Clinical Pain Management Award for excellence in clinical care and by the National Association of Myofascial Trigger Point Therapists as the 2012 recipient of the David G. Simons Award for excellence in clinical research.