

The Role of Pelvic Floor Physiotherapy in Chronic Pelvic Pain

Invited Lectures

Faculty:

Alime Buyuk

This evidence-based lecture integrates key neuroscience concepts with the tools clinicians need to manage chronic pelvic pain (CPP) disorders, such as endometriosis, vaginismus, and dysmenorrhea, from a pelvic health physiotherapy perspective.

Central sensitisation (C-sens) is caused by persistent nociceptive bombardment from visceral structures such as endometriosis lesions. It is a potentially reversible process for pain sustention *independent* of the initial pathology.

This viscerosomatic convergence provides the means for pain referral to somatic structures. However, it also governs the reflex that induces muscle spasm and formation of myofascial trigger points (MTrPs) in pelvic floor muscles.

Painful MTrPs are an additional source of nociceptive bombardment, becoming a *key* component in CPP. Therefore, MTrP deactivation is critical to reversing C-sens and improving pain associated with visceral conditions.

Participants will be provided with a thorough introduction to pelvic floor physiotherapy concepts, including classification of pelvic floor tone and dysfunction and intra- and extra-pelvic examination techniques in CPP. Furthermore, participants will learn management strategies, including myofascial pelvic pain MTrP release and desensitisation techniques for pelvic floor muscles.

Participants will be able to:

1. Understand the components and role of pelvic floor overactivity, particularly in key aspects of female CPP assessment and management.
2. Apply treatment techniques for CPP, progressing from external to internal pelvic examination (i.e., pelvic floor muscles) MTrP release techniques.
3. Understand and integrate into *your clinical practice* the management of C-sens and myofascial dysfunction in women with CPP to optimise outcomes.
4. Learn how to educate patients on principles of self-management.

About Our Speaker:

Alime Buyuk

Alime Buyuk, MPT, PhD(c) 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.