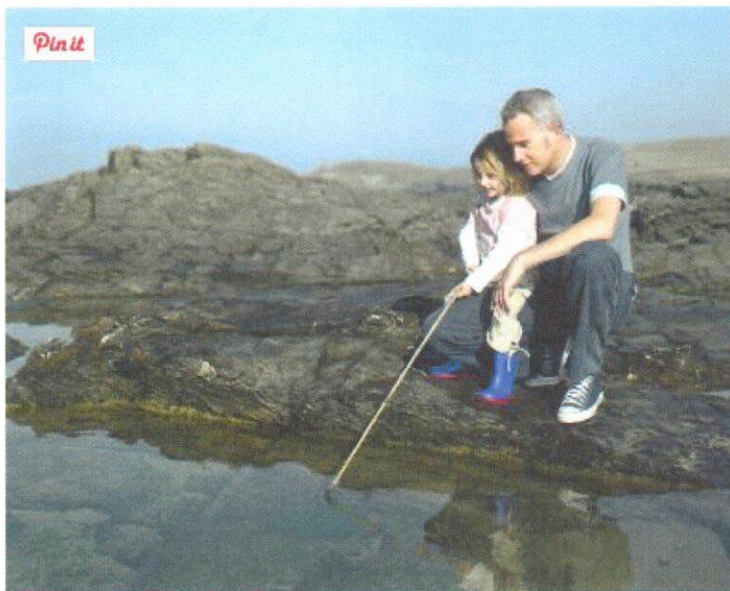


Pudendal Nerve Physical Therapy

Last Updated: Aug 10, 2015 | By [Kimberly Wonderly](#)



Squatting positions may worsen pudendal nerve discomfort. Photo Credit Janie Airey/DigitalVision/Getty Images

Pudendal nerve disorders, such as neuralgia or entrapment, require a multidisciplinary approach that often includes physical therapy. Pudendal nerve disorders cause numbness, pain or tingling throughout area innervated by the pudendal nerve or its branches, including the anus, rectum, perineum, urethra, genital area, pelvis and upper legs. Physical therapy performed by a therapist trained in pelvic floor disorders along with lifestyle changes may help relieve these symptoms.

Physical Therapy Evaluation

Physical therapy starts with an evaluation of your symptoms and the things that cause your symptoms. Common signs of pudendal nerve involvement include pain or numbness while sitting or riding a bike, any change in your bowel movements or your ability to urinate, pain during sex, any type of gastrointestinal upset, pain during gynecologic or rectal exams, or the use of a tampon, explains Hina Sheth, who owns Rebalance Physical Therapy in Narberth, Pennsylvania. Your evaluation continues with an inspection of biomechanical or structural causes of pudendal nerve symptoms, such as muscle imbalances and joint alignment. Upon treatment of these problems your physical therapist will look for and treat trigger points caused by the connective tissue layer.

Physical Therapy Treatment

Treatment options vary based on the causes of the pudendal nerve disorder. Common goals of treatment include diminishing trigger points -- any spot in your skeletal muscle or fascia that causes pain not related to inflammation or injury, lengthening the pelvic floor, eliminating connective tissue restrictions, decreasing