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**Pelvic and Perineal Pain:
Beyond Endometriosis and Pregnancy**

Jason Chow

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Heartsink!




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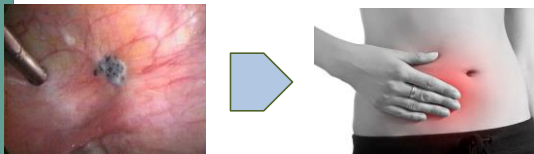
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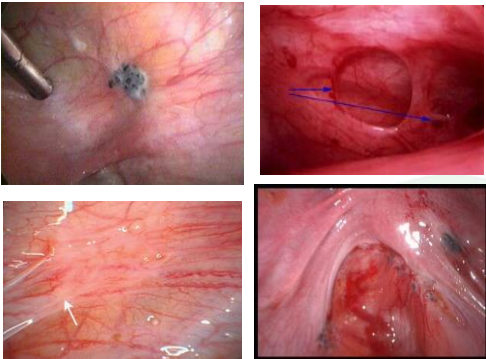
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Background




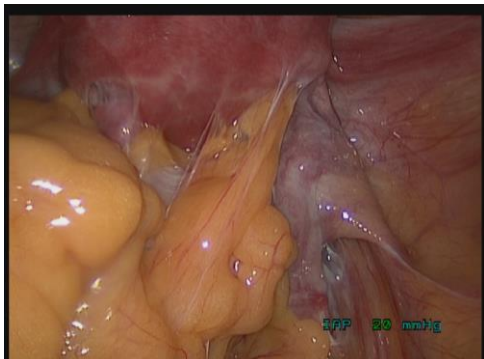
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Surgery

- 20% no response to surgery
- 32% placebo response



Abbott et al 2004

- 1st surgery 83% reduction in pain
- 2nd surgery 53% reduction in pain

- 20% recurrence disease

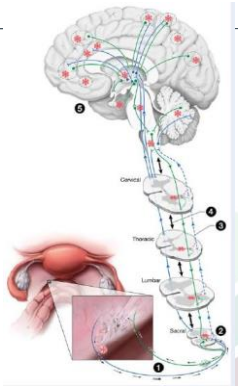
Vercellini et al 2009

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More...

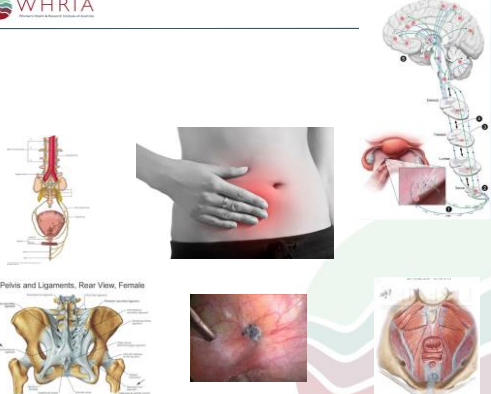
- Nerve fibres
- Sensitisation
 - Cross sensitisation
 - Central sensitisation
- Progestagens
 - Anti-angiogenic
 - Anti-inflammatory
 - Immunomodulatory



Stratton and Berkley 2011
Fenton 2007

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Pelvis and Ligaments, Rear View, Female

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Challenge

- Central mechanisms
- Peripheral triggers
 - Visceral based
- Psychological effects
- Functional effects

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3 Clinical Settings

- More than endometriosis
- Postpartum
- Pudendal neuralgia

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WHRIA Case I

Natalie

- 25yo
- G0
- Dysmenorrhoea
- Non menstrual pelvic pain
- Dyschezia
- Chronic neck pain
 - Work - Bunning's
- Same sex
 - No current partner
- Ultrasound - normal

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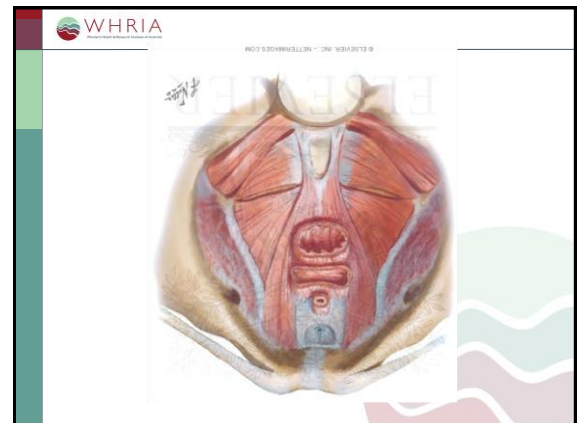
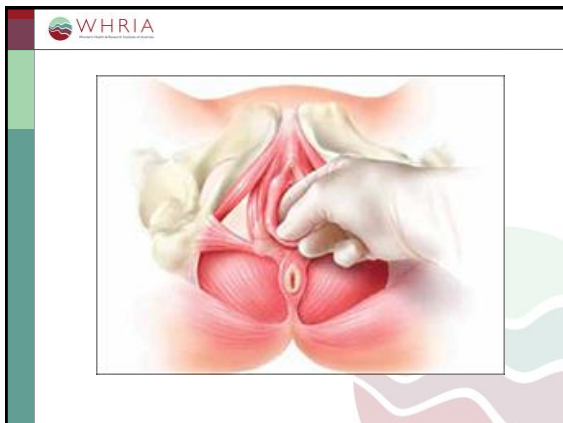
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Case I: Natalie

Assessment

- Normal neurological exam
- No pelvic girdle tenderness
- Abdominal wall hyperaesthesia
- High tender cul de sac
- Pelvic floor myalgia

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Case I: Natalie

Management

- Amitryptiline
- NSAIDs
- COCP
- Physiotherapy
- Internet based CBT
- Laparoscopy

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Case I: Natalie

Management

- Improvement
 - Dysmenorrhoea
 - NMPP
 - Neck pain
- Dyschezia predominant
- Laparoscopy
 - Stage 3 endometriosis
 - Pararectal space
 - Weaning Endep at 6 months
 - Physiotherapy

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Pregnancy

- Challenging!
- Pain is not normal
- Unexplained
 - Visceral bias
- Early recognition
- Multifactorial
- Pharmacotherapy
 - Pharmacotherapy and lactation

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Persistent Postpartum Pain

- Dyspareunia
- Pelvic girdle
- Coccyx
- Neuralgia
 - Perineal tear/episiotomy
 - Caesarean

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Case 2: Melissa

Pregnancy

- 31yo
- G1P2 9 months postpartum DCDA twins
- Vaginal pain
- Aparentia
- Antenatal:
 - Sacral pain
 - Dyspareunia

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Red Flags

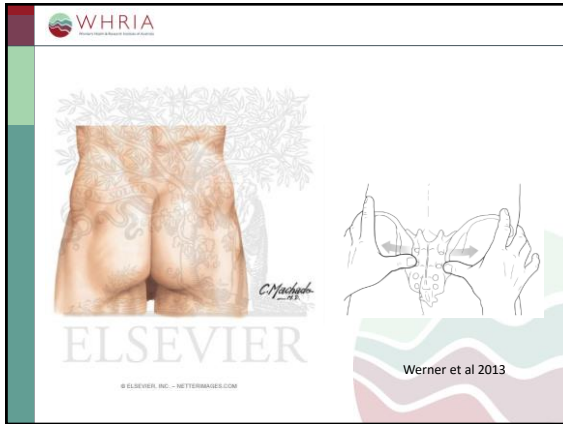
- Infection
 - Endometritis, urinary tract, epidural
- VTE
 - Pelvic thrombophlebitis
- Neurological
- Sacral fractures
 - Osteoporosis
- Postnatal depression

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Pelvic Girdle Pain

- Between PSIS and gluteal fold
- Posterior thigh
- Reduced ability to stand/walk/sit
- Exclude lumbar causes

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Postpartum

Dyspareunia

- Common
 - 43% 6 months
 - 28% 12 months
 - 23% 18 months
- Prepregnancy
- Mode of delivery
 - Emergency vacuum or Caesarean section
- Tears
- Abuse

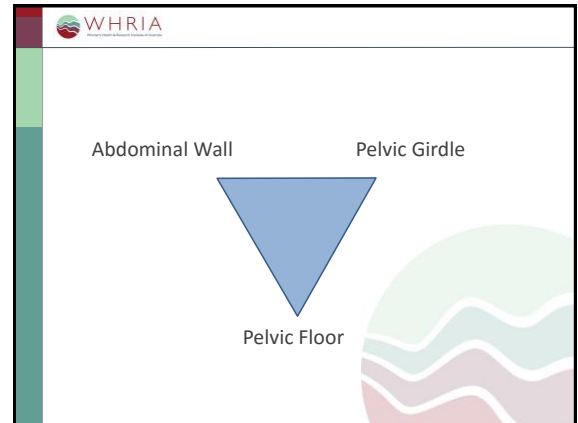
McDonald et al 2015 26

Postpartum

Dyspareunia

- Hypo-oestrogenic
- Pudendal nerve
- Pelvic floor

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Postpartum

Management

- Prevention
 - Exercise in pregnancy
 - Mode of delivery?
- Physical therapy
 - Not just pelvic floor strength
- TENS

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Postpartum

Management

- Paracetamol
- NSAIDs
- TCAs
- Topical
 - Oestriol
 - Amitryptiline
- Gabapentinoids
- Opioids

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Postpartum

Management

- Focussed intervention
- Pudendal blocks
 - Hyaluronic acid
 - Pulsed radiofrequency
- Hypo-oestrogenic
 - Fractional CO2 laser

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Postpartum

Management

- Sacroiliac joint
 - Injection
 - Platelets?
- Coccydynia
 - Impar ganglion

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Case 3: Maha

Pregnancy

- 28yo
- G1P1 4 months postpartum
- LSCS
- Right sided abdominal pain

- Ultrasound pelvis
- CT abdomen/KUB

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Postpartum

Wound Neuralgia

- ?Iliohypogastric/inguinal neuralgia
- Hip flexion
 - Getting out of bed
 - Stairs
- Finger test
 - Lateral border rectus

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Postpartum

Management

- Ilihypogastric/ilioinguinal block

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WHRIA Case 4

Helen

- 58yo
- Right labial pain
 - Sitting
- Spontaneous
 - 9 months
- Pelvic ultrasound normal
- Hysteroscopy
- Vulval biopsy

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WHRIA Case 4: Helen

History

- Alcohol
- Endone
 - Unintentional overdose
- Music

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WHRIA Case 4: Helen

Examination

- Distressed
- MMSE
- Romberg's positive
- Punctate allodynia right labia
- Levator myalgia

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A: Ilio-inguinal, Ilio hypogastric, Genito-femoral nerves
 B: Pudendal nerve
 C: Inferior Cluneal nerve

WHRIA Case 4: Helen

Management

- Neurology
- MRI
- Pudendal nerve block
 - Transgluteal

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WHRIA Case 4: Helen

Criteria of Nantes

- Pain in distribution of pudendal nerve
- Pain worse with sitting
- No pain at night
- No sensory impairment
- Pain relieved by pudendal nerve bl

Labat J et al 2008
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Case 4: Helen

Management

- On mirtazepine
 - Tricyclic?
 - SNRI?
- Buprenorphine
- Gabapentinoid
- Valproate

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Case 4: Helen

Management

- Physiotherapy
 - Sit cushion
 - Limited self management
- Psychology
 - Pacing
 - Catastrophisation

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Case 4: Helen

Progress

- Pudendal nerve block
 - Positive
 - 1 week
 - Repeat

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Case 4: Helen

Progress

- Neuromodulation
 - Sacral
 - Pudendal
- Pudendal nerve release surgery

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Pelvic Pain
Foundation
OF AUSTRALIA

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Challenge

- Central mechanisms
- Peripheral triggers
 - Not just visceral based
- Psychological effects
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