

Differential Diagnosis of Chronic Pelvic Pain

[Adapted from Herman & Wallace 2012; OB/GYN Special Edition, Vol 2, 2001]

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| <p>Gynecologic</p> <ul style="list-style-type: none"> • Endometriosis • Adenomyosis • Chronic pelvic infection • Hydrosalpinx • Degenerative leiomyoma • Posterior fornix syndrome • Neuroma • Adhesions • Cancer • Ovarian Cyst • Benign Tumor • Impact of hysterectomy, oophorectomy, prolapse repair • Hormone levels • Intrapelvic varicosities • SUI/Urge UI | <p>Screening questions:</p> <ul style="list-style-type: none"> • <i>Cancer history</i> • <i>Gyn surgeries and any post op complications</i> • <i>Gravidy/parity</i> • <i>Have you had any Gynecologic problems?</i> • <i>Pelvic heaviness or a 'falling out' sensation?</i> • <i>Do you leak urine?</i> • <i>Did you have any complications relating to your pregnancy or delivery?</i> | <p>Neurologic</p> <ul style="list-style-type: none"> • Nerve entrapment (genitofemoral, ilioinguinal, pudendal or branch thereof, anococcygeal) • Tarlov's cysts • Peripheral neuropathy • Chronic upregulation • Dysesthesia or hyperesthesia | <p>Screening questions:</p> <ul style="list-style-type: none"> • <i>Pain with sitting?</i> • <i>Pain with intercourse or pelvic/prostate exams?</i> • <i>Is it more or less painful to sit on certain surfaces?</i> • <i>Burning?</i> • <i>Difficult to stop or start the flow of urine?</i> |
| <p>Gastrointestinal/Colorectal</p> <ul style="list-style-type: none"> • IBS • Diverticulosis • Diverticulitis • Inflammatory bowel disease • Proctodynia • Prostatitis • Proctalgia Fugax • Cancer • Dietary irritants • PFM dyssynergia | <p>Screening questions:</p> <ul style="list-style-type: none"> • <i>Cancer history</i> • <i>Problems with defecation including straining, pain, urgency, leaking?</i> • <i>Need to bear down to urinate or defecate?</i> • <i>Change in patterns?</i> | <p>Psychiatric</p> <ul style="list-style-type: none"> • Depression • Physical or sexual abuse • Anxiety • History of negative medical experiences • Opioid seeking • Somatization | <p>Screening questions:</p> <ul style="list-style-type: none"> • <i>Have you ever had a negative medical experience or been touched without your consent?</i> |
| <p>Vulvar</p> <ul style="list-style-type: none"> • Vulvar Vestibulitis • Vulvodynia • Vulvar dermatoses • Topical irritants • Vulvar cancer | <p>Screening questions:</p> <ul style="list-style-type: none"> • <i>Do you have pain in your perineum?</i> | <p>Urinary</p> <ul style="list-style-type: none"> • Interstitial cystitis/Bladder pain syndrome • Urethral syndrome | <p>Screening questions:</p> <ul style="list-style-type: none"> • <i>Do you have problems stopping or starting the flow of urine?</i> |

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CSM 2013 presentation: Core Rehab without "Going There": Evidence Supporting Direct and Indirect Evaluation and Treatment of Pelvic Floor Dysfunction

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| <ul style="list-style-type: none"> • Bartholin's cyst • Atrophic vaginitis • Pelvic Organ Prolapse | <ul style="list-style-type: none"> • <i>Do you have pain anywhere on this model? (give them a pelvic model, orient them to structures)</i> • <i>Can you wear any type of clothing without making your pain worse?</i> • <i>History of infections?</i> | <ul style="list-style-type: none"> • Urethral diverticula • Detrusor dyssynergia • Chronic calculi • Radiation cystitis • Mesh placement or resection • Infection • Cancer | <ul style="list-style-type: none"> • <i>Do you have pain during or after urination?</i> • <i>How many times do you get up to urinate at night?</i> • <i>Do you have pain with intercourse or a pelvic/prostate exam?</i> • <i>Men: do you have to sit to empty your bladder?</i> • <i>History of UTIs?</i> |
| <p>Vaginal</p> <ul style="list-style-type: none"> • Scarring • Neuroma • Radiation | <ul style="list-style-type: none"> • <i>Did you have any complications with your pregnancy or delivery?</i> • <i>Cancer surgery or treatment?</i> • <i>Do you have any difficulties with intercourse or pelvic/prostate exam?</i> • <i>Can you wear any kind of clothing without perineal pain?</i> | <p>Musculoskeletal</p> <ul style="list-style-type: none"> • Fascial incompetence • PFM muscular incompetence • Hernia • Prolapse • Disc Disease • HNP thoracic to lumbar • Coccygodynia • Scoliosis • Sacroiliac joint • Pubic symphysis • Hip labral tear, OA • Fibromyalgia • 'piriformis syndrome' • Bone density • Motor control of Core System during dynamic & static tasks with normalized respiration patterns | <ul style="list-style-type: none"> • <i>Do you have pelvic heaviness or a falling out sensation?</i> • <i>Pain with sitting?</i> • <i>Worse or better on certain sitting surfaces?</i> • <i>History of falls onto your pelvis?</i> • <i>Fracture history?</i> • <i>Show me what a core contraction means to you?</i> • <i>Show me what a Kegel means to you? (there should be no postural or respiratory shift)</i> |

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