



Headache in the Pelvis 5th Edition

David Wise

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This groundbreaking book describes the Stanford Protocol for muscle related pelvic pain in men and women, a new and revolutionary treatment developed at Stanford University. Specifically, the 5th edition adds a section on advice to partners and loved ones of people with pelvic pain, practical advice on minimizing the risk of pelvic pain during childbirth, expanded discussion of the possible use of a modified Stanford Protocol for anal fissures, irritable bowel syndrome, constipation and other anorectal disorders, further clarification for the layman with prostatitis, discussion of the effect of food and drink on interstitial cystitis, discussion of anxiety as the breeding ground for pelvic pain, the central practice of attention training in relaxing the pelvic floor, the use of RSA breathing during Trigger Point Release, further insights in the practice of Paradoxical Relaxation, new drawings illustrating Stanford Protocol physical therapy self-treatment, the first time explanation of post-bowel movement pain associated with pelvic pain, additions to the medical science being conducted to help those individuals suffering from pelvic pain around the world and more. The Stanford Protocol describes the treatment of prostatitis, chronic pelvic pain syndrome, pelvic floor dysfunction, pelvic floor myalgia, interstitial cystitis, urethral syndrome, levator ani syndrome among other related diagnoses

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