



# Private Pain

by Melanie Olsen

What happens in your bedroom is sacred. And private. But what if the intimacy that should bring you closer, instead is causing you physical pain?

Dr. Mallory Hertz, PT, DPT, of FYZICAL® Therapy & Balance Centers is passionate about helping you with your pelvic pain. "These women feel so isolated," says Dr. Hertz. "This impacts your marriage, your relationship with your significant other. It's no longer a 'you' issue. Yet women just don't know what to do about it. They often accept it as 'normal' after childbirth or with age. But, physical therapy can help!"

Dr. Hertz explains that most women don't realize that pelvic pain can be treated with physical therapy. "Pelvic pain can come from tightness in the muscles which frequently stems from weakness issues. It's also very common that pelvic pain comes from scar tissue in the vaginal space. I find that both of these issues often stem from childbirth. They may surface in the post-partum phase, but I also see these problems come to light post-menopause when estrogen levels drop and the tissues become a little thinner," she explains.

Dr. Hertz, who is the only physical therapist in the Siouxland area that is certified to do internal pelvic work, explains that treatment

depends on what is going on. "It may include pelvic floor range of motion exercises to get the muscle moving. We may need to strengthen the muscle. We may also need to stretch the muscle or do manual work to try to loosen some of the scar tissue," she says.

One of Dr. Hertz's most rewarding cases involved a woman who was having pelvic pain on a scale of 8 out of 10 with intercourse, the entire duration. "We found scar tissue with her. She came to 12 sessions and we instructed her on how to do a home exercise program. After 12 sessions, she was down to 1 out of 10 pain, and it was only momentary.

She said, 'I've had more sex since starting physical therapy than I've had in the last 15 years!' Her lasting comment to me was, 'Thank you for saving my marriage.' That still brings tears to my eyes."

South Dakota and Iowa have "Direct Access" which means you can come to physical therapy without a referral. This is also traditional physical therapy, so it is covered by most insurances.

FYZICAL® Therapy & Balance Center is located at 101 Tower Road, #110, Dakota Dunes, South Dakota. Their therapists have had extensive coursework in the area of pelvic floor health. Call them today at 605.217.4330 to find out more about help with pelvic pain or visit [www.fyzical.com/dakota-dunes-sd](http://www.fyzical.com/dakota-dunes-sd).



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