

# How Can Osteopathy Help With Pelvic Pain?



Osteopathic manipulative treatment (OMT) can be a useful therapy for those who suffer from pelvic pain. Many different possible sources of pelvic pain can affect both younger and older patients.

The pelvis is composed of multiple bones, which also have many muscular attachments. Tightness or spasm in a muscle can produce position and strain changes on other parts of the pelvis, not directly attached to the affected muscle. OMT of these bones and their attached muscles, can help realign these bones into their

best positioning, for the optimal function, of all the muscles and organs within the pelvis.

The pelvis is affected by its surrounding musculoskeletal attachments. Changes in posture or positioning that affects the ankles, knees, hips and spine of the lower back can also cause, or result from, dysfunction within the pelvis. OMT can help treat these related problems to achieve a better result than treating the pelvis alone.

Due to the anatomy of the nerves, vessels, and lymphatic structures that supply and drain the organs within the

bony pelvis, OMT can also help treat the deeper organs like the urinary bladder, uterus, and large bowel.

Ultimately the aim is not just to treat it but prevent the symptoms from reoccurring. David will naturally provide rehabilitation to restore appropriate movement. Relief of pressure and resetting the resting tension in muscles allows for improved movement patterns in the pelvis and body for issues that activate your pain and decrease your quality of life.

**Best wishes, David**

"I've been able to continue my hobbies of golf and gardening"

Registered **OSTEOPATH**  
**DAVID GRAY BSc (Hons)**  
*Gentle & Effective Pain Relief for all ages*

[www.davidgray-osteopath.co.uk](http://www.davidgray-osteopath.co.uk)

"I can recommend his holistic approach and way of working without hesitation."

**Treating:** Chronic & Acute Back & Neck Pain, Sciatica, Whiplash - Associated Disorders  
Joint - Muscle, Ligament Strains, Frozen Shoulder, Pregnancy Pain.

**Children & Babies:** Cranial Osteopathy is a gentle & non-invasive treatment.

**Sports Injuries:** Tennis Elbow, Running Injuries, Tendonitis, Joint Pain.

**Treating:** Knee Pain, Coccydynia, Rotator Cuff Pain, Knee & Hip Osteoarthritis, Shoulder Pain.

Contact him directly on **07973 297 438** or on **01844 354 737**

**Osteopathy with Cranial Osteopathy & Acupuncture**

**Clinics:** in Chinnor and Princes Risborough

