

BODY STRESS RELEASE FOR VULVODYNIA, VAGINISMUS AND VESTIBULODYNIA

Body Stress Release offers a gentle and effective way to help your body to release stored tension from the muscles and stimulate the body's natural self-healing ability.



WHAT IS BODY STRESS RELEASE?

Body Stress Release (BSR) offers a gentle and effective way to help your body to release stored tension. Tight muscles can put pressure on the nerves which pass through them resulting in pain and discomfort.

Body Stress Release works with your body's natural desire to be stress-free and clients are often amazed that such a gentle technique can be so effective.



BODY STRESS RELEASE AND VULVAL PAIN

Body Stress Release practitioners have worked with many women suffering from vulvodynia / vestibulodynia / vaginismus and other related conditions. The majority of them have achieved significant relief from their pain and discomfort, which in some cases, they had been experiencing for many years.

BSR practitioners have noticed in some women that there is a common link between a previous back and/or coccyx injury and the subsequent onset of vulval pain. We have found that releasing tension in the lower back, sacrum, coccyx and pelvic

areas encourages the vulval and pelvic floor muscles to relax, which in turn leads to a reduction in pain.

A significant proportion of the women we have seen also reported other symptoms of stored stress including IBS, indigestion, constipation, recurring urinary infections and cramps, all of which have improved with Body Stress Release.

Some examples of past injuries sustained include falling down stairs, falling off a horse, slipping on ice, and skiing and sporting accidents. A few women have also developed vulval pain or vaginismus following surgery. For some women, a substantial period of time elapsed between injury and the onset of vulval pain or tightness when their bodies reached a state of stress overload. A high percentage of women were originally diagnosed and treated for either cystitis or thrush.

The pudendal nerve is the motor nerve originating from the sacrum carrying signals to and from the urethra, genitals and the anal area. Tight or painful muscles that originate in the middle and lower back also insert into the pelvic area and may exert pressure on these nerve pathways. Tension in any of these areas may result in a burning feeling, loss of sensation, numbness, tightness, a stabbing, knife-like or aching pain.



A SNAPSHOT OF 44 WOMEN LIVING WITH VULVAL PAIN

On average the women had been living with vulval pain for 7 years (range 5 months – 25 years)

50% had been diagnosed with 'provoked' vestibulodynia

Their ages ranged from 19 to 74 years old

Over 75% reported an improvement in their symptoms after 7 sessions of BSR (with a range of 2-19 sessions)

Over 50% had injured their coccyx at some point in the past

50% were suffering with IBS and/or constipation

30% reported an injury to their lower back and coccyx

Please contact your local practitioner:

HOW BODY STRESS RELEASE HAS HELPED WOMEN WITH VULVAL PAIN

Provoked Vulval Pain and Constipation

A 53 year woman who had hurt her coccyx as a child. She was also experiencing work related stress and was referred to her BSR practitioner by a gynaecologist.

At the first appointment she reported provoked vulval pain, a stiff and painful lower back, tight shoulders and neck, headaches, indigestion, constipation, cramps and pins and needles in her feet. After the 5th appointment all of the symptoms apart from the vulval pain had improved. After the 11th appointment the vulval pain had noticeably improved. By the 13th appointment she was able to have intercourse and was no longer suffering with constipation. She continues to have maintenance sessions on a regular basis.

Vulval Pain and IBS

A 38 year old woman who had been experiencing vulval pain for over 2 years and was referred to her BSR practitioner by a gynaecologist.

At the first appointment she reported that she was also suffering from lower back pain, IBS, indigestion and an irregular menstrual cycle. She was also experiencing cramps in her calf muscles, tight shoulders and frequent headaches.

After the 5th appointment her vulval pain improved and she was able to have intercourse. After the 6th appointment, she reported that her menstrual cycle was more regular and

after the 12th appointment all her other symptoms had cleared. She now has regular BSR maintenance sessions every 4 to 6 weeks.

Provoked Vulval Pain and Vaginismus

A 29 year old woman who broke her coccyx 3 years previously developed vulval pain. She was referred to her BSR practitioner by a specialist nurse.

At the first appointment she reported provoked vulval pain, vaginismus, IBS, indigestion, tight neck and shoulders, a stiff and painful lower back and pain in her left leg and hip.

After the 3rd appointment her stiff neck and shoulders, indigestion and IBS had all improved. After the 6th appointment her hip was better and there was a slight improvement in her vulval pain.

After the 9th appointment all her symptoms had cleared and she is now able to enjoy regular intercourse, experiencing very little discomfort. She continues to have monthly BSR maintenance sessions.

"Thank you so much for everything you have done for me. BSR has made such an enormous difference to my life, I can't thank you enough. I still need to be careful but I am now able to enjoy and do everything I want to do. Nothing has managed to help me so much."

N.P. Berkshire.

FIND OUT MORE - SEE OUR WEBSITE
www.bodystressrelease.org.uk



"I must admit to being sceptical when I was given a BSR leaflet by my gynaecologist to help with vulval pain. When I read the leaflet I realised there were a lot of other things that BSR could help me with, so I went for an appointment and have never looked back. It has helped me so much I am no longer in constant pain and it helped with the vulval pain I was experiencing."

A.S. Surrey.

THE APPOINTMENTS

After the releases, your practitioner will explain what they have found and give you some simple advice and self-help techniques.

Your practitioner will book three initial appointments for you over a period of two weeks. It is important that you attend all three appointments as Body Stress Release works as a process.

During your first appointment your practitioner will take a detailed case history. After the release, your practitioner will explain what they have found and give you advice on posture and show you some simple self-help techniques.

Responses are often rapid although you may need further appointments depending on how your body responds and how long the tension has been stored. This is because the tight, protective layers of muscle, release gradually back to their natural state.

A specially designed bed allows clients to be gently lowered to a lying position.



Note: BSR is not a diagnosis or treatment of any condition. It simply assists with locating and releasing stored tension from the muscles.