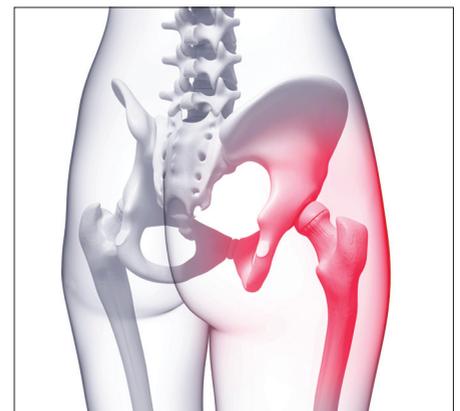
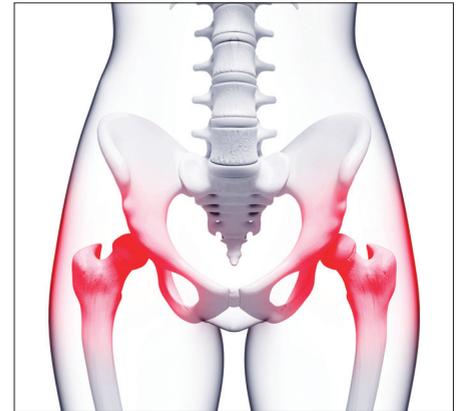


STOP THE UNNECESSARY SUFFERING

Pelvic pain therapist **Ingrid Spierts** describes her experience of an often misunderstood problem.



techniques specific to her body and her life to keep her pelvis stable and pain free.

The woman's partner is also taught how to help her with these exercises, increasing their effectiveness and providing additional motivation. Recommended by midwives and doctors in Europe, Canada and the US, Röst's simple approach has been shown to eliminate or significantly reduce pain in 90% of all patients (Kaiser et al, 2006).

I couldn't forget how wonderful it felt not to be in pain. Eventually I trained with Cecile Röst and qualified as a pelvic pain therapist. My hope is that as many women as possible will find a way out of their pain. 

Ingrid Spierts
Pelvic pain therapist

For references, visit the **RCM website**.

One in five pregnant and postpartum women suffer from pelvic pain (Albert et al, 2001). Caused by the 'softening' of the pelvis in preparation for labour, this confusing condition usually starts with a feeling of discomfort in or around the pelvis, in the lower back, the pelvic girdle or the hip. The pain may also radiate down the inside of the legs or even up into the neck.

A variety of everyday activities can become difficult, including walking, standing, turning over in bed and sitting for long periods. The intensity of the pain changes from woman to woman, and for the same woman from day

to day – sometimes the pain is crippling, at others it's almost unnoticeable. Women may feel unsure of what's happening and delay bringing it up with their midwife.

I developed pelvic pain in my first pregnancy and, like a lot of women, I thought I could put up with it. It seemed like a kind of 'morning sickness for the pelvis' – just part of being pregnant. But the pain got so bad that daily life became impossible, and alarmingly, the professionals I turned to for treatment couldn't really help.

I was told to rest and limit my movement, but that did nothing for the pain. Having my pelvis realigned was effective in the short term, but meant being treated again when my pelvis fell out of alignment a few days later. I felt trapped. Finally, thanks to my Dutch background, I tried Röst therapy. After just one session, I knew I could overcome the pain.

Developed by a physiotherapist who suffered pelvic pain first hand, Röst therapy combines physiotherapy, orthopaedic manual therapy and yoga to restore the woman's pelvic symmetry, thereby greatly reducing her pain. Once the pelvis is in control, the woman is taught to become her own specialist, learning exercises and

→ The pain got so bad that daily life became impossible

Copyright of Midwives is the property of Redactive Publishing Ltd. and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.