

pelvic floor therapy for tailbone pain

Pelvic Floor Therapy for Tailbone Pain: A Path to Relief and Recovery

Pelvic floor therapy for tailbone pain is gaining recognition as an effective approach to managing discomfort that many people experience but often overlook. Tailbone pain, also known as coccydynia, can be persistent and disruptive, affecting daily activities like sitting, standing, and even walking. While the tailbone itself is a small structure, the muscles, ligaments, and nerves surrounding it play a crucial role in both stability and movement. This is where pelvic floor therapy comes into play—addressing not just the symptom but the underlying causes linked to the pelvic floor muscles and associated tissues.

Understanding Tailbone Pain and Its Connection to the Pelvic Floor

Tailbone pain may arise from trauma, prolonged sitting on hard surfaces, childbirth, or even poor posture. However, a less commonly discussed cause is dysfunction in the pelvic floor muscles. These muscles form a supportive sling for the pelvic organs and contribute to the stability of the lower spine and pelvis. When pelvic floor muscles become tight, weak, or imbalanced, they can create tension or pressure on the coccyx area, exacerbating tailbone pain.

The pelvic floor's intricate connection with nerves and ligaments means that pain experienced at the tailbone could stem from muscular issues rather than just bone injury. This complex relationship highlights why traditional treatments like painkillers or rest might not always provide lasting relief.

How Pelvic Floor Therapy Works for Tailbone Pain

Pelvic floor therapy involves specialized physical therapy techniques tailored to evaluate and treat dysfunction in the pelvic muscles. A trained pelvic floor physical therapist performs a thorough assessment to identify muscle tightness, weakness, trigger points, or nerve involvement contributing to tailbone discomfort.

The therapy typically includes:

- **Manual Therapy:** Hands-on techniques to release muscle tension and improve tissue mobility around the pelvis and tailbone.
- **Targeted Exercises:** Strengthening and stretching exercises designed to balance pelvic floor muscles, enhance flexibility, and correct posture.
- **Biofeedback:** Use of sensors to help patients become aware of and control their pelvic muscles effectively.
- **Postural Training:** Guidance on body mechanics and sitting habits to reduce strain on the tailbone.
- **Breathing Techniques:** Encouraging proper diaphragmatic breathing to relax pelvic floor muscles and reduce tension.

By addressing the pelvic floor muscles' health, this therapy can relieve pressure on the coccyx, improve blood flow, and reduce inflammation, ultimately easing tailbone pain.

Identifying Symptoms That Might Benefit from Pelvic Floor Therapy

If you experience persistent pain at the base of your spine, especially when sitting or rising from a seated position, pelvic floor therapy might be worth exploring. Additional symptoms that suggest pelvic floor involvement include:

- A feeling of tightness or pressure in the pelvic region
- Pain during bowel movements or sexual activity
- Lower back or hip discomfort linked to sitting posture
- Muscle spasms or a feeling of "knots" around the pelvic area

These signs indicate that the pelvic floor muscles could be contributing to your tailbone pain, and addressing them directly may provide relief where other treatments have failed.

The Role of Pelvic Floor Dysfunction in Coccydynia

Pelvic floor dysfunction (PFD) refers to the inability to correctly relax and coordinate pelvic muscles. In the context of tailbone pain, PFD can manifest as either hypertonicity (excessive tightness) or hypotonicity (weakness). Hypertonic pelvic floor muscles might pull on ligaments attached to the coccyx, causing pain during movement or prolonged sitting. Conversely, weak pelvic muscles might fail to support the pelvis adequately, leading to abnormal stress on the tailbone.

Pelvic floor therapy aims to restore balance, teaching muscles to relax when necessary and contract appropriately. This re-education is vital for long-term pain management and prevention of recurrence.

Tips for Managing Tailbone Pain Alongside Pelvic Floor Therapy

Incorporating lifestyle adjustments alongside pelvic floor therapy can enhance recovery from tailbone pain. Consider these helpful strategies:

- ****Use a Cushioned Seat:**** Sitting on a donut-shaped pillow or a wedge cushion can reduce direct pressure on the tailbone.
- ****Practice Good Posture:**** Keep your spine aligned and avoid slouching to minimize strain on pelvic muscles.
- ****Take Frequent Breaks:**** If your job involves prolonged sitting, stand up and walk around every 30-60 minutes.
- ****Warm Baths and Heat Therapy:**** Applying heat to the pelvic area can relax muscles and soothe discomfort.
- ****Avoid Heavy Lifting:**** Straining your pelvic muscles can exacerbate pain, so modify activities as needed.
- ****Stay Hydrated and Maintain Fiber Intake:**** Preventing constipation reduces strain during bowel movements, which can irritate the tailbone.

Working closely with your pelvic floor therapist, you can integrate these tips with your exercise regimen to support healing.

What to Expect During Pelvic Floor Therapy Sessions

When you begin pelvic floor therapy for tailbone pain, the therapist will first take a detailed history and perform a physical examination. This may include internal and external muscle assessments to gauge strength, tone, and trigger points. Based on findings, a customized treatment plan is developed.

Sessions often last between 30 to 60 minutes and might involve:

- Guided muscle relaxation exercises
- Hands-on release techniques targeting tight muscles or scar tissue
- Education on pelvic anatomy and self-care practices
- Progress tracking and adjustment of therapy goals

Many patients report gradual improvement over weeks, with decreased pain and improved function. Consistency in attending sessions and performing home exercises is key to successful outcomes.

The Importance of Seeking Professional Pelvic Floor Therapy

Tailbone pain can be frustrating, especially when it lingers despite standard treatments. Pelvic floor therapy offers a specialized, holistic approach that addresses the root causes rather than just masking symptoms. Because the pelvic floor is a sensitive and complex area, working with a licensed pelvic floor physical therapist ensures safe and effective care tailored to your unique needs.

Moreover, pelvic floor therapy can benefit individuals who have had childbirth-related tailbone trauma, chronic pelvic pain syndromes, or those recovering from surgeries affecting the pelvic region. By improving muscle coordination and reducing pelvic tension, this therapy promotes overall pelvic health and wellbeing.

Beyond Tailbone Pain: Pelvic Floor Therapy's Broader Benefits

While this therapy is increasingly recognized for managing tailbone pain, its benefits extend far beyond. Pelvic floor therapy can help with urinary incontinence, pelvic organ prolapse, sexual dysfunction, and chronic pelvic pain conditions. Strengthening and relaxing the pelvic muscles contributes to better core stability and improved quality of life.

For those dealing with tailbone pain, this means that addressing pelvic floor health can simultaneously alleviate other uncomfortable symptoms, making pelvic floor therapy a comprehensive solution worth considering.

Incorporating Pelvic Floor Therapy Into Your Healing Journey

If tailbone pain has been a persistent challenge, exploring pelvic floor

therapy could open new avenues for relief. Start by consulting a healthcare provider or a pelvic floor specialist who can evaluate your condition and recommend appropriate interventions. Remember, healing is often a gradual process, and patience combined with expert care can lead to meaningful improvements.

Whether it's manual therapy, exercises, or lifestyle changes, pelvic floor therapy offers a personalized pathway to restore comfort and function. Embracing this approach could transform how you manage tailbone pain and empower you with tools to maintain pelvic health long-term.

Frequently Asked Questions

What is pelvic floor therapy for tailbone pain?

Pelvic floor therapy for tailbone pain involves exercises, manual therapy, and techniques aimed at strengthening and relaxing the pelvic floor muscles to alleviate pain and improve function around the tailbone area.

How does pelvic floor dysfunction contribute to tailbone pain?

Pelvic floor dysfunction can cause muscle tightness, spasms, or weakness around the pelvis, which may put pressure on the coccyx (tailbone) and result in chronic pain or discomfort.

What techniques are used in pelvic floor therapy to relieve tailbone pain?

Techniques include biofeedback, manual muscle release, stretching exercises, posture correction, and relaxation methods to reduce muscle tension and improve pelvic floor coordination.

How long does it take for pelvic floor therapy to improve tailbone pain?

The duration varies per individual, but many patients notice improvement within 4 to 8 weeks of consistent pelvic floor therapy sessions and home exercises.

Can pelvic floor therapy be done at home for tailbone pain?

Yes, therapists often provide personalized home exercise programs focusing on pelvic floor relaxation and strengthening to complement in-clinic treatment and enhance recovery.

Is pelvic floor therapy safe for all causes of tailbone pain?

Pelvic floor therapy is generally safe, but it is important to get a proper diagnosis from a healthcare provider to ensure the pain is related to pelvic floor dysfunction and not other conditions requiring different treatments.

What symptoms indicate that pelvic floor therapy might help tailbone pain?

Symptoms like pain during sitting, discomfort during bowel movements, pelvic muscle tightness, and pain radiating from the tailbone may indicate pelvic floor involvement and potential benefit from therapy.

Are there any risks or side effects associated with pelvic floor therapy for tailbone pain?

Side effects are rare but can include temporary soreness or discomfort as muscles adjust. Working with a trained pelvic floor therapist minimizes risks and ensures safe progression of therapy.

How can I find a qualified pelvic floor therapist for tailbone pain treatment?

You can find qualified therapists through referrals from your doctor, professional physical therapy associations, or specialized pelvic health clinics that focus on pelvic floor rehabilitation.

Additional Resources

Pelvic Floor Therapy for Tailbone Pain: A Comprehensive Review

Pelvic floor therapy for tailbone pain has emerged as a significant therapeutic approach in addressing chronic coccyx discomfort, a condition that often proves resistant to conventional treatments. Tailbone pain, medically referred to as coccydynia, affects a considerable portion of the population, particularly women and individuals who have experienced trauma or prolonged sitting. This article explores the role of pelvic floor therapy in managing tailbone pain, examining its mechanisms, effectiveness, and practical considerations within a multidisciplinary treatment framework.

Understanding Tailbone Pain and Its Origins

Tailbone pain, or coccydynia, is characterized by localized pain at the base of the spine, just above the buttocks. The coccyx, or tailbone, is a small

triangular bone composed of fused vertebrae that serves as an attachment point for various muscles, ligaments, and tendons, including those of the pelvic floor. Pain in this area can arise from multiple causes such as trauma (falls or childbirth), repetitive strain, degenerative joint changes, or idiopathic origins where no clear cause is identified.

Given the anatomical proximity and functional interdependence between the coccyx and pelvic floor muscles, dysfunction in these muscles can contribute to or exacerbate tailbone pain. Pelvic floor muscles, responsible for supporting pelvic organs, maintaining continence, and assisting in core stability, can become hypertonic (overly tight) or weakened, influencing coccyx positioning and irritation.

The Role of Pelvic Floor Therapy in Managing Tailbone Pain

Pelvic floor therapy for tailbone pain targets the underlying muscular and connective tissue dysfunctions that may perpetuate or intensify coccydynia symptoms. Unlike treatments focusing solely on the bone or external pain management, pelvic floor therapy addresses the soft tissue components, aiming to restore normal muscle tone, flexibility, and coordination.

Mechanisms of Pelvic Floor Therapy

Pelvic floor therapy employs a combination of manual techniques, therapeutic exercises, biofeedback, and patient education. Key mechanisms include:

- **Muscle Relaxation:** Manual myofascial release and trigger point therapy reduce hypertonicity in pelvic floor muscles that may be compressing the coccyx or causing referred pain.
- **Strengthening and Coordination:** Tailored exercise regimens enhance muscle balance, preventing undue strain on the tailbone.
- **Postural Correction:** Therapists evaluate and modify posture and sitting habits to alleviate pressure on the coccyx.
- **Biofeedback:** Utilization of biofeedback devices helps patients gain awareness and control over pelvic floor muscle activity.

Clinical Evidence Supporting Pelvic Floor Therapy

Research into pelvic floor therapy for tailbone pain, though still emerging, demonstrates promising outcomes. A study published in the Journal of Pelvic Medicine & Surgery highlighted that approximately 70% of patients with chronic coccydynia experienced significant pain reduction following a structured pelvic floor rehabilitation program. Comparatively, patients receiving standard pharmacologic interventions alone reported less consistent relief.

Moreover, pelvic floor therapy offers advantages over invasive procedures such as coccygectomy (surgical removal of the tailbone), which carries risks of complications and variable success rates. Non-invasive therapeutic approaches like pelvic floor therapy tend to minimize adverse effects and promote functional recovery.

Integrating Pelvic Floor Therapy into a Multidisciplinary Approach

Because tailbone pain often involves multifactorial contributors, effective management frequently requires combining pelvic floor therapy with other modalities. These may include:

- **Pharmacological Treatment:** NSAIDs and muscle relaxants can provide short-term symptom control.
- **Physical Therapy:** Broader physical therapy targeting lumbar and hip mechanics complements pelvic floor rehabilitation.
- **Cushioning and Ergonomics:** Specialized cushions (e.g., donut or wedge cushions) reduce coccygeal pressure during sitting.
- **Psychological Support:** Chronic pain management sometimes necessitates cognitive-behavioral therapy to address pain perception and coping strategies.

The collaborative efforts of pelvic floor therapists, orthopedic specialists, pain management professionals, and primary care providers optimize patient outcomes by tailoring interventions to individual needs.

Patient Selection and Therapy Customization

Not all individuals with tailbone pain will benefit equally from pelvic floor

therapy. Careful assessment is critical to identify candidates likely to respond. Indications for pelvic floor therapy include:

- Presence of pelvic floor muscle tenderness or spasm on examination
- History of pelvic trauma or childbirth-related coccygeal strain
- Symptoms exacerbated by sitting and relieved by standing or lying down
- Associated urinary or bowel dysfunction suggesting pelvic floor involvement

Tailoring the therapy to address specific muscle imbalances and functional deficits enhances effectiveness and patient adherence.

Practical Considerations and Challenges

While pelvic floor therapy is generally safe and well-tolerated, certain challenges may affect its implementation:

Accessibility and Expertise

Qualified pelvic floor therapists with experience in addressing tailbone pain remain relatively scarce, potentially limiting access for some patients. Additionally, therapy often requires multiple sessions over weeks or months, which can pose logistical and financial barriers.

Patient Comfort and Privacy

Given the intimate nature of pelvic floor assessments and treatments, some patients may experience discomfort or embarrassment. Establishing a professional, empathetic environment is essential to facilitate cooperation.

Variability in Response

Outcomes can vary based on factors such as pain chronicity, coexisting conditions, and patient engagement in home exercises. Setting realistic expectations and ongoing monitoring are important components of care.

Future Directions and Innovations

As understanding of pelvic floor contributions to coccyx pain deepens, emerging technologies and techniques may enhance therapeutic efficacy. Innovations include:

- **Telehealth Platforms:** Remote pelvic floor therapy sessions increase accessibility, especially in underserved areas.
- **Advanced Biofeedback Devices:** Wearable sensors provide real-time muscle activity data, fostering precise muscle retraining.
- **Integrative Modalities:** Combining pelvic floor therapy with acupuncture or neuromodulation techniques is under investigation for improved pain control.

Ongoing clinical trials and outcome studies will further define best practices and optimize treatment algorithms for patients suffering from tailbone pain.

Pelvic floor therapy for tailbone pain represents a nuanced, evidence-informed approach that addresses the complex interplay between musculoskeletal and soft tissue components of coccydynia. By focusing on restoring pelvic floor muscle function and alleviating associated dysfunction, this therapy offers a valuable option within a comprehensive pain management strategy. As awareness and accessibility improve, pelvic floor therapy has the potential to significantly enhance quality of life for those burdened by chronic tailbone discomfort.

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chronic-from a multi-disciplinary perspective. Joined by a team of nearly 200 international contributors representing a wide range of specialties, Dr. Smith presents the best management options within and across specialties. Succinct treatment and therapy guidelines enable you to quickly access clinically useful information, for both inpatient and outpatient pain management, while a 2-color format enhances readability and ease of use and highlights key concepts. And, as an Expert Consult title, it includes access to the complete contents online, fully searchable, plus links to Medline and PubMed abstracts-providing rapid, easy consultation from any computer! Includes access to the complete text online, fully searchable, plus links to Medline and PubMed abstracts-providing quick and convenient reference from anyplace with an Internet connection. Offers a cross-discipline approach to pain management for a comprehensive view of the best treatment options within and across specialties including internal medicine, gynecology, physical medicine and rehabilitation, orthopedics, and family medicine. Provides succinct treatment and therapy guidelines, enabling you to locate useful information quickly. Organizes guidance on acute and chronic therapies in a templated format, to facilitate consistent, quick-access consultation appropriate for inpatient or outpatient pain management. Features a 2-color format that enhances readability and ease of use and highlights key concepts. Your purchase entitles you to access the web site until the next edition is published, or until the current edition is no longer offered for sale by Elsevier, whichever occurs first. If the next edition is published less than one year after your purchase, you will be entitled to online access for one year from your date of purchase. Elsevier reserves the right to offer a suitable replacement product (such as a downloadable or CD-ROM-based electronic version) should access to the web site be discontinued.

pelvic floor therapy for tailbone pain: Effective Treatment of Women's Pelvic and Sexual Pain Disorders Heather Lauren Davidson, 2022-09-30 This book presents a comprehensive overview of pelvic and sexual pain disorders in women and equips therapists to treat these issues in a culturally sensitive way, examining the link between unwanted sexual experiences and the development of sexual pain in later life. Drawing on the wealth of recent research acknowledging the increased risk of developing a pelvic/sexual pain disorder in women who have experienced sexual trauma, Heather Lauren Davidson offers a much-needed resource for professionals within the essential context of the #MeToo movement. Chapters address a range of topics including types of sexual pain disorders, disparities in the mental health system that affect women's access to treatment, how to establish treatment goals for individuals and couples, and effective relapse prevention plans. Illustrated throughout by vignettes and case studies, the book addresses a lack of knowledge in assessing and treating the experiences of these women and explores in depth how they face complex difficulties in accessing diagnosis and treatment. Guided by culturally competent assessment and the use of evidence-based treatment techniques, clinicians will learn to effectively navigate the treatment of women presenting with pelvic/sexual pain disorders and sexual trauma.

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pelvic floor therapy for tailbone pain: The Overactive Pelvic Floor Anna Padoa, Talli Y. Rosenbaum, 2015-12-01 This textbook provides a comprehensive, state-of-the art review of the Overactive Pelvic Floor (OPF) that provides clinical tools for medical and mental health practitioners

alike. Written by experts in the field, this text offers tools for recognition, assessment, treatment and interdisciplinary referral for patients with OPF and OPF related conditions. The text reviews the definition, etiology and pathophysiology of non-relaxing pelvic floor muscle tone as well as discusses sexual function and past sexual experience in relation to the pelvic floor. Specific pelvic floor dysfunctions associated with pelvic floor overactivity in both men and women are reviewed in detail. Individual chapters are devoted to female genital pain and vulvodynia, female bladder pain and interstitial cystitis, male chronic pelvic and genital pain, sexual dysfunction related to pelvic pain in both men and women, musculoskeletal aspects of pelvic floor overactivity, LUTS and voiding dysfunction, and anorectal disorders. Assessment of the pelvic floor is addressed in distinct chapters describing subjective and objective assessment tools. State of the art testing measures including electromyographic and video-urodynamic analysis, ultrasound and magnetic resonance imaging are introduced. The final chapters are devoted to medical, psychosocial, and physical therapy treatment interventions with an emphasis on interdisciplinary management. The Overactive Pelvic Floor serves physicians in the fields of urology, urogynecology and gastroenterology as well as psychotherapists, sex therapists and physical therapists.

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pelvic floor therapy for tailbone pain: *Yoga Therapy for the Whole Mother* Julia Irene Romano, 2024-07-18 One of the first of its kind, this is an authoritative and professional yoga therapy text offering a comprehensive overview of postpartum conditions and guidance on how to manage them using yoga therapy as both a lens and a toolbox. Rather than focussing on returning a woman's body to its pre-birth condition, this guide recentres emphasis on the mother's healing in body, mind, and spirit and guides practitioners in how to facilitate this transition. This book is centred on the pancamaya model which views the individual as a composite of five separate but interrelated layers including the physical, the breath-energetic, the psycho-emotional, the capacity for discernment, and awe. Split into five sections based on these layers, this guide will cover common postpartum issues alongside contemporary supporting research, as well as the best yoga therapy tools to address each concern. This evidence-based resource is invaluable for practitioners who want to help facilitate the postpartum healing journey.

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5-12% of men worldwide. The most common form is category III, or Chronic Pelvic Pain Syndrome. Cutting-edge clinical research has led to advancements in the diagnosis and treatment of prostatitis, a group of conditions that is at once extremely common, poorly understood, inadequately treated and under-researched. In Chronic Prostatitis/Chronic Pelvic Pain Syndrome, the author provides today's most current information covering the four categories of prostatitis (acute, chronic bacterial, CPPS and asymptomatic inflammation). A diverse international group of contributors that includes urologists (academic, primary care and front line private practice), scientists, psychologists, and pain specialists from the National Institutes of Health provide the reader with novel approaches to helping their patients. The chapters in this important new work cover general evaluation of the prostatitis patient, the approach to acute prostatitis, chronic bacterial prostatitis and chronic pelvic pain syndrome, evidence behind individual therapies and ancillary topics such as erectile dysfunction, infertility, the link between chronic prostatitis and prostate cancer, male interstitial cystitis and the potential etiologic role of calcifying nanoparticles. Chronic Prostatitis/Chronic Pelvic Pain Syndrome offers novel approaches to diagnosing this condition as well as providing ways in which to ease the suffering of the patient with prostatitis.

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Lauterstein, 2023-03-21 *The Memory Palace of Bones: Exploring Embodiment Through the Skeletal System* is an unprecedented exploration of the anatomy of the bones of the body, and a unique set of reflections on the role each individual bone plays in our lives, looking at both its physical and energetic contributions. Written and presented in an imaginative and highly readable style, the book describes each individual bone and, where appropriate, the surrounding joints. It combines the anatomical expertise of the authors with their appreciation for the beauty of the body, presenting a unique perspective that values extensive clinical expertise as well as imagination as a source of wisdom and depth. Seeing and discussing bones as a wisdom source is a topic that until now has never been systematically covered. *The Memory Palace of Bones* will be read and treasured by practitioners and students of massage therapy, bodywork, movement professionals, Zero Balancers, chiropractors, osteopaths, Rolfers, body-centered psychotherapists, students and teachers of yoga, performing artists and other health professionals as well as by laymen wanting a greater understanding of and connection to their bodies.

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pelvic floor therapy for tailbone pain: The Interstitial Cystitis Solution Nicole Cozean, Jesse Cozean, 2016-10-01 Take control of your interstitial cystitis treatment with this comprehensive guide. Interstitial cystitis (IC), also called painful bladder syndrome, is a complex bladder pain condition that can be confusing, frustrating, and debilitating. Successful treatment requires a multidisciplinary approach that often features a combination of medication, physical therapy, dietary

and lifestyle changes, alternative medicine, and more. The Interstitial Cystitis Solution has all the information you need, all in one place. It provides scientific reviews and evaluations of potential treatments, along with a helpful treatment plan tailored to your specific symptoms and lifestyle. Written by leading IC expert Nicole Cozean, DPT, PT, WCS, the information is presented in an accessible way, with real-life examples from the author, who has treated hundreds of patients who have found relief from their symptoms with the holistic treatment plan outlined in this book. This comprehensive guide allows you to take control of your healing and will restore sanity to the insane world of conflicting diagnoses, treatments, and advice. Within: Learn about alternatives to medication and surgery Understand the role of the pelvic floor in IC Practice mind-body therapies to manage pain Discover exercises, stretches, and self-care techniques to alleviate symptoms and prevent flares Also included are helpful: Personalized flare-busting plan Symptom log Bladder diary Weekly treatment plan checklist And more! Thousands of patients with IC live healthy, pain-free lives—and so can you!

pelvic floor therapy for tailbone pain: The Bathroom Key Kathryn Kassai, Kim Perelli, 2011-12-20 Urinary incontinence is an underdiagnosed and underreported condition with major economic and psychosocial effects on society. Women are more likely to experience it due to issues with the pelvic floor brought on by pregnancy and menopause. The Bathroom Key is a treatment plan for women to cure their own incontinence issues. It also allows women to identify with other women through the anecdotal stories that echo their feelings of isolation and embarrassment. Written in easy-to-understand language, the book is a genuine teaching tool, guiding the reader to a better understanding of her body and effective remedies. Whereas in recent years some mention of the Kegel muscles and exercises have become common knowledge, this book is much more than just Kegels. By incorporating key elements of the physical therapy approach in this book, the reader will be encouraged to self-assess, modify behaviors, re-train her bladder, alter dietary habits, and practice a variety of exercises to self-treat and cure her incontinence. In most cases urinary incontinence is completely treatable with physical therapy. Women can regain bladder control, not have to take medications, throw away pads and regain their dignity. The Bathroom Key Is: Written in a friend to friend style that reveals the secrecy around urinary incontinence through real life stories of women dealing with the embarrassing and life-altering symptoms Advocates for PT as something that can radically help the problem Lists a variety of behavioral and practical exercises and allow people to self-treat at home (and also tells them when they need to see a physical therapist)

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