

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.

While lying down and fully clothed, tests are carried out to locate stored tension in your muscles and then, by applying a gentle and precise pressure to the affected areas, your body is encouraged to 'release' the stored tension.

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

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