Heal Pelvic Pain: A Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, IBS, and Other Symptoms Without Surgery

By Amy Stein. 256 pp. Berkshire: McGraw-Hill; 2008. £10.99. ISBN: 9780071546560.

book introduces another aspect to this situation: the pelvic floor muscle and patient behavior. These are topics that are not read-

Pelvic pain is a debilitating disorder that can drastically affect the quality of life and often hinder with normal daily activities. The many facets of pelvic pain include prostatitis, bladder pain syndrome/interstitial cystitis, irritable bowel syndrome, endometriosis, and so on. However, more than often either the diagnosis is difficult or the pelvic pain does not completely resolve by treating the aforementioned conditions. This

ily mentioned during medical school or residency training and venture into unfamiliar territory for the medical profession. The author emphasizes on the pelvic musculo-skeleton as the culprit for pelvic pain and show ways to strengthen and relax them. The methods described with pictures are easy to understand. Some are familiar routines seen in the local gym but the author nicely presents a program specific to the pelvic floor. Although the book seems to target the general population it should be very worthwhile to those practicing medicine and are interested in helping patients with pelvic pain.

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