

# **Somato-visceral Reflexes & Pelvic Pain**

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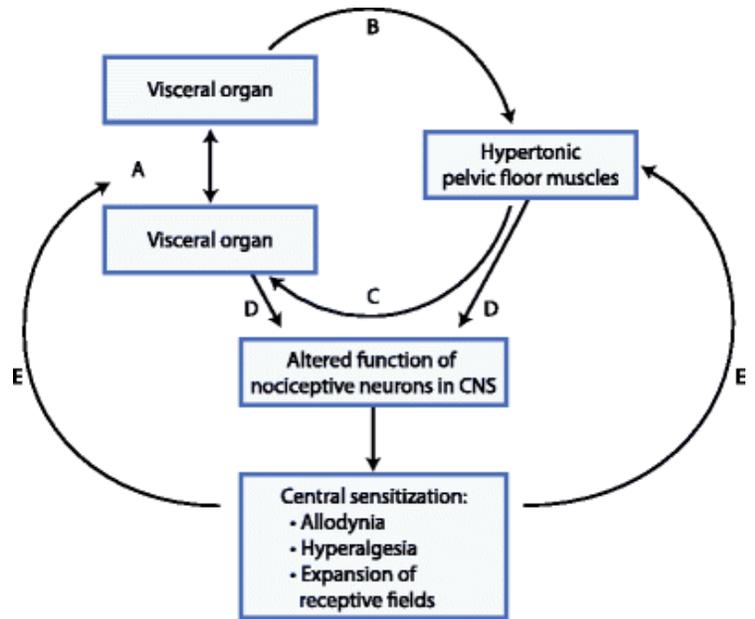
**Dr. Alex Jimenez D.C.**

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## Somato-visceral Reflexes Associated With Pelvic Pain

Have you experienced pain in your lower back or pelvic regions from sitting too long? Have you experienced bladder dysfunction that is causing you to urinate frequently? Or are you suffering from muscle cramps in the pelvic area? Studies have revealed that pelvic pain can be a chronic, persistent pain associated with co-morbidities like IBS (irritable bowel syndrome), neurological disorders, or low back pain. Pelvic pain is challenging to diagnose since it is multifactorial and shares various nerve roots that send signals to the brain. For example, individuals that suffer from pelvic pain will complain about the somatovisceral convergence affecting their reproductive organs and connective tissues. Other issues like prolonged sitting and poor posture can also affect the lumbosacral nerve root as it is being compressed, causing low back pain and pelvic organ dysfunction.



The somato-visceral reflexes of the pelvic muscles can become overstretched and compress the surrounding nerve roots like the sciatic nerve and the lumbosacral nerve, causing issues of sciatica or lower back pain. Studies have also revealed that individuals who suffer from spinal cord injuries can disrupt the somatic lumbosacral nerve pathway that is responsible for coordinating bladder function to the pelvic region. These pathways can also produce different autonomic reflex responses to the various organs and somatic afferents. For example, if a female is experiencing pain in her hips or thighs from hyper-sensitive nerve roots, the brain will register that as pain in her reproductive system. Or, if the pelvic muscles are hypersensitive to the touch, something might be affecting the genital regions.

## An Overview Of Pelvic Pain

Hello, my name is Alex Jimenez, and I am a chiropractor in El Paso, Texas. Diagnosing causes of and treating pelvic pain can be challenging. A pelvis is a complicated place. It's the crossroads of bones, muscles, nerves, blood vessels, and the reproductive system, including the uterus and ovaries, the bowel, and the urinary system, including the bladder. When there is inflammation, disease, or infection in any of these systems, it can trigger pain. Pelvic pain can also have more than one cause, so several medical conditions like endometriosis, pelvic muscle spasm, or irritable bowel syndrome can contribute to pelvic pain, meaning there's more than one source and, in turn, more than one treatment approach that's needed. It may be difficult to pinpoint the cause of your pain because the body and its nervous system are not very good at identifying its precise location or causes of pain. Pain or rising from disease in the bowel might seem like ovary pain to the brain. Many of the pelvic organs share nerves that signal back to the brain. The body and its nerves can also change in response to pain. The nerves may become more sensitive in the area where the initial insult, injury, or infection occurred. Those nerves can fire or signal pain to the brain when previously non-painful events like gentle touch occur. That's called sensitization.

## Somato-visceral Reflexes & Pelvic Pain

Our goal is to improve our patient's quality of life. A team comprised of a nurse practitioner and a physician evaluates each patient. We spend time listening to our patients and performing a thorough examination to guide our recommendations. As we mentioned, commonly, our patients have more than one cause of their pain. Because pain can be complex and multifactorial, it is best treated through a multidisciplinary approach. Treatments may include hormonal medications, physical therapy, meditation, stress reduction exercises, sexual health therapy, trigger point injections, or care with other non-gynecologic specialists, such as those specializing in the GI tract. Surgery may be indicated to treat your pain, but many causes of pelvic pain don't respond to or improve with surgery.



You have now heard how our clinic uses a team-based multidisciplinary approach to help you achieve an optimal quality of life. We optimize your visit to Injury Medical Clinic by reviewing your records in advance and scheduling appointments that could help your care. Outside records and questionnaires are key in our advanced preparation for your visit. If you are someone you love who would benefit from our clinic, please use the following information to schedule an appointment with us. Following this video, we have provided links to help you learn more about potential clinics that you may be referred to in treatments for pelvic pain that you may be offered.

# Disclaimer

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Blog Information & Scope Discussions Our information scope is limited to Chiropractic, musculoskeletal, physical medicines, wellness, contributing etiological viscerosomatic disturbances within clinical presentations, associated somatovisceral reflex clinical dynamics, subluxation complexes, sensitive health issues, and/or functional medicine articles, topics, and discussions. We provide and present clinical collaboration with specialists from a wide array of disciplines. Each specialist is governed by their professional scope of practice and their jurisdiction of licensure. We use functional health & wellness protocols to treat and support care for the injuries or disorders of the musculoskeletal system. Our videos, posts, topics, subjects, and insights cover clinical matters, issues, and topics that relate to and support, directly or indirectly, our clinical scope of practice.\* Our office has made a reasonable attempt to provide supportive citations and has identified the relevant research study or studies supporting our posts.

We provide copies of supporting research studies available to regulatory boards and the public upon request. We provide copies of supporting research studies available to regulatory boards and the public upon request. We understand that we cover matters that require an additional explanation of how it may assist in a particular care plan or treatment protocol; therefore, to further discuss the subject matter above, please feel free to ask Dr. Alex Jimenez DC or contact us at 915-850-0900. We are here to help you and your family. Blessings Dr. Alex Jimenez DC, MSACP, CCST, IFMCP\*, CIFM\*, ATN\*

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