

Pelvic Mechanics (October 2006)

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A practicing Ob-Gyn once told me that most Ob-Gyn's see the pelvic bones as a hangar to put the pelvic organs on and rarely considers these bones as a source of pain. In all my years of practicing, only one erudite gynecologist referred patients to me when no internal source of pain could be found. He became educated the hard way; he needed injections in his sacroiliac/pelvic joint, and understood about referral patterns. I remember a study in *Spine* 1996, in which a battery of symptoms and signs were chosen by experts as being the best available and were tested against the results of a sacroiliac joint block. Neither the patient history, location, behavior of pain, examination, joint mobility or stress correlated with the injections. It was during this time, long before the evidence of prolotherapy was even to a point of consideration, when I was derisively disparaged by another physician about performing the treatment. I remember the patient, a nurse, was having painful intercourse. Everything checked out internally, and so she went from doctor to doctor with the scarlet letter of A on her chart: Asexual. Her husband, while still supportive, was nevertheless frustrated. His letter P had to do with me not being on their plan. The patient was never referred to me by the gynecologist. Instead, a neurosurgeon referred her for a "block to kill the nerve," and to prescribe narcotics. She read about prolotherapy and was impressed that the Surgeon General Dr. Koop, who had personal experiences with it, highly recommended it. After the first treatment, the pain got worse as the patient expected, however I took a tongue lashing from the gynecologist and a threat to send my name to the medical board. The neurosurgeon proclaimed he would never send me another patient because I had sent her to a chiropractor. She also saw a physical therapist (PT) with great pelvic mechanics skill; an integrative team made sense. Each injection takes about eight weeks to see any results, just as a fracture takes the same time to begin to heal. After the fourth injection, the results were as clear as the husband's visage. She also noted she could stand longer at work, and sit longer when driving without being so stiff. She asked me why this had happened. I told her that often ligaments get strained during natural childbirth and never recover. If Ob-Gyn's sent their patients who had a tough delivery, to a PT or a chiropractor, they may find something amiss before the patient finds out years later. Ten years later she is doing well. I never received another referral from either the gynecologist or the neurosurgeon, I am sure they still have a number of scarlet letters for me to wear.

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