



Updated 1-1-2022

ABDOMINAL PAIN BÆKKENBUNDSMYOSER

Sources www.sundhed.dk

<https://www.sundhed.dk/borger/patienthaandbogen/kvindesygdomme/symptomer/underlivssmerter/>

Facts

Abdominal pain is divided into acute or chronic and is a frequent cause of medical attention
Frequent causes of acute abdominal pain are urinary tract infection, appendicitis, miscarriages, ruptured cyst on the ovary, abdominal inflammation, inflammation of the pouch on the colon, ectopic pregnancy, muscle lumps, kidney stones

o Can rarely be due to an ovary revolving around itself

• Chronic abdominal pain is most often caused by muscle tension in the abdomen, endometriosis, sexual assault, spiral use, long-term chronic infections (chlamydia) or constipation

o Can rarely be caused by cancer

• Treatment is directed at the triggering cause

What is abdominal pain?

• Abdominal pain means pain in the lower abdomen or genitals in women

Abdominal pain can originate from the genitals, but can also come from the bladder, ureter or intestinal system

• Chronic abdominal pain is often caused by muscle tension in the abdomen, especially tension (myoses) of the ileopsoas muscle, which is also called the tenderloin

The tenderloin is a muscle that extends from the back and inside of the pelvis and attaches to the inside of the femoral neck. These muscles cause the hip to bend and the back to sway and constantly adjust the posture, both when walking, sitting or standing

Occurrence

• Abdominal pain is very frequent and accounts for 1-2% of all inquiries to your own doctor. It is estimated that 300,000 Danish women seek medical attention each year due to abdominal pain. Many are treated on suspicion of genital inflammation, but only in every 4th there are clear signs of infection

• The pain may be acute or chronic, or it may vary with menstruation (cyclical pain)

• In chronic abdominal pain, the pain may be on one side of the abdomen or on both sides. Pain in the groin or lower back can radiate down the legs, either constantly or as a rush. The leg may feel limp and heavy. The pain can also worsen when you have been sitting in the same position or after walking a bit. In some, the pain can be triggered deep inside the vagina during intercourse and can last for several hours after intercourse. At the same time, there may be muscle tension in the abdominal muscles, and some women have a bloated stomach or a tendency to constipation.

What could be the reason?

Frequent causes of acute pain

• Urinary tract infection

o Frequent, sparse urination



o Often typical symptoms such as burning when urinating, discomfort over the bladder, possibly there may be blood in the urine

Spontaneous abortion

o Usually 6-12 weeks of pregnancy
o Often starts as severe menstrual pain (threatening abortion), gradually the bleeding often increases with lumps (ongoing abortion)

• Ruptured (ruptured) cyst on the ovary (ovarian cyst)

o Small ovarian cysts can burst on their own, during physical activity or intercourse
o It can cause acute but often moderate pain down the abdomen. In the vast majority of cases, the pain goes away on its own within a few hours

• Appendicitis

o The condition often develops over at least 24 hours, the pain often moves from the middle of the upper part of the abdomen around the navel to the lower right part of the abdomen
o There is a fever, you feel sick and there may be nausea and vomiting

• Inflammation of the abdomen (salpingitis / PID)

o Occurs most frequently among sexually active younger women
o May be due to infection with eg chlamydia, but can also be seen after eg laying of a spiral, scraping, abortion and birth
o Often insidious onset, rumbling pain or tenderness in the lower abdomen, increased discharge, bleeding disorders, fever

• Inflammation of the colon (diverticulitis)

o Occurs especially in middle-aged and older women
o The symptoms may be reminiscent of appendicitis, but the pain is on the left side of the abdomen

• ectopic pregnancy (ectopic pregnancy)

The fertilized egg is located outside the uterine cavity, often in the fallopian tube

Typically there is pain, missed periods or irregular spotting. The pregnancy has typically lasted 6-8 weeks when the condition shows up

The risk is greatest in women who have previously had surgery on the fallopian tubes, have previously had an ectopic pregnancy, pelvic inflammatory disease, appendicitis or have become pregnant during treatment for infertility

The pain can range from sudden strong pain downwards in the abdomen to a slight murmuring soreness

Complication of muscle knot (fibroids)

o Women often know if they have muscle knots on the uterus
o Some muscle knots can reduce the blood supply to the muscle knot and pain is triggered

Kidney stone



- o Gives acute, and very strong pain in the flank, which comes in a hurry
- o The sick person cannot stay still and moves around uneasily

Rare causes of acute pain

Torsion of the ovaries

- o Causes acute nausea very strong pain in one side of the abdomen
- o The patient would prefer to lie completely still

Frequent causes of chronic pain

• Muscle tension in the abdomen

- o The most common cause of chronic abdominal pain is muscle tension
- o Is most common in women between 20 and 30 years
- o As mentioned above, the triggers can be many, and often the pain occurs after an abdominal disease or due to postural defects in the back. One can consider muscle tension as a natural defensive reaction, where one tries to protect oneself, but eventually the tension becomes a bad habit that must be broken. Abdominal myositis is similar to muscle tension in the neck or shoulder muscles. It hurts when the tense and sore muscles are touched or used
- o Problems in cohabitation or other stressful situations can help maintain the pain, often completely unconsciously
- o The doctor can often trigger the pain by pressing on the tense sore muscles, but unfortunately not all doctors think that the cause may be muscle tension. Women who are treated on suspicion of abdominal inflammation several times a year rarely have abdominal inflammation, but far more frequent miosis in the abdomen
- o The pain should be treated with stretching exercises, which should be done daily when the pain is worst. The exercises can trigger the pain for the first time, and a painkiller (paracetamol / ibuprofen) may be needed. If the exercises are not sufficient, you can refer to a physiotherapist with special knowledge in this area
- o Link: at Birthe Bond clinic you can get guidance in relaxation exercises
- o <http://www.birthebonde.dk/pjecer/>

Muscle lumps in the uterus (fibroids)

- o Found in 30% of women over 30 years. The frequency increases with age
- o Does not usually cause symptoms and is often discovered by chance. The most common symptoms are heavy bleeding, irregular bleeding, difficulty urinating, bowel movements, but large muscle knots can cause pressure in the abdomen.

Endometriosis



o Endometriosis is a condition in which the mucous membrane found inside the uterine cavity is also found elsewhere outside the uterus or in the uterine wall.

o The condition is not uncommon in women in their 30s and 40s

o Painful menstruation is often the only symptom. Others have pain in the time between ovulation and menstruation. During this period, some women with endometriosis have deep pain during intercourse

Sexual assault

o Often leads to chronic abdominal pain either as a result of physical injuries or mental reactions

Use of intrauterine device, spiral

o May in some cases be the cause of chronic or recurrent pain

Prolonged untreated chlamydia infection

Constipation

o May be a regular cause of chronic or recurrent pain

Rare causes of chronic pain

• Cancers

common to all cancers is that they will simultaneously cause other nuisances such as weight loss, poor appetite, bleeding from the abdomen or from the intestine.

Cell changes on the cervix do not cause pain

Uterine cancer (almost only after menopause)

Cervical cancer (can be ruled out by regular gynecological examination)

Ovarian cancer

Colon cancer

What can I do?

- You can not do anything yourself in relation to the acute pain.
- Chronic pain can be prevented with good posture, good working postures
- and stretching exercises for incipient miosis

• You can get inspiration, exercises here:

<http://www.birthebonde.dk/pjecer/>