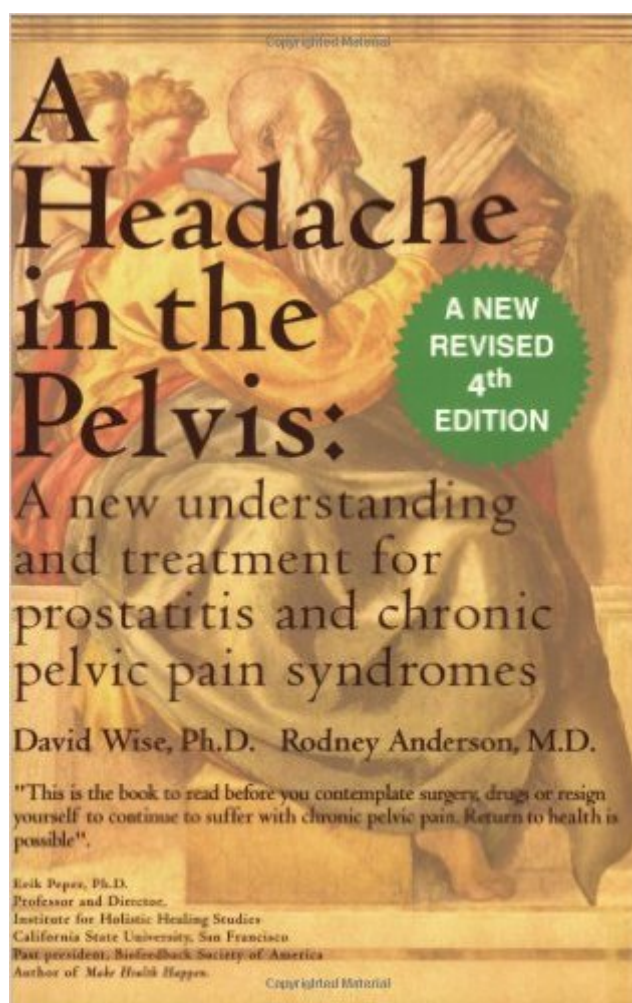


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# A Headache In The Pelvis: A New Understanding And Treatment For Prostatitis And Chronic Pelvic Pain Syndromes, 4th Edition



## Synopsis

This groundbreaking book describes the Stanford Protocol for pelvic pain in men and women, a new and revolutionary treatment developed at Stanford University. The 4th edition enlarges the scope of the book to specifically address the Stanford Protocol for women's pelvic pain and includes a large illustrated section on the method of pelvic floor trigger point release. It also includes details of Paradoxical Relaxation for conditions of pelvic pain that affect women.

## Book Information

Paperback: 413 pages

Publisher: National Center for Pelvic Pain; 4th edition (March 15, 2007)

Language: English

ISBN-10: 0972775536

ISBN-13: 978-0972775533

Product Dimensions: 6 x 1.1 x 9 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #550,614 in Books (See Top 100 in Books) #65 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs](#) #107642 in [Books > Textbooks](#)

## Customer Reviews

To my knowledge, this is the only book on the subject of chronic pelvic pain and after reading it, I finally have a sense of hope for my condition. In my situation, symptoms having been getting worse over the past year - not so bad that I've been incapacitated, but bad enough that I've been concerned for my long term health. This book has been a godsend. For now I understand what causes, and how to treat my pelvic pain. That is a huge revelation. About a year ago, I went to a urologist, who, after performing some tests, stated my problem was simply stress. However, he provided no information on how to TREAT my current symptoms. This book has filled that void, and now I have sense of hope for the future. And that is very important. Time will tell if how much symptoms will improve. I've already had some abatement of my symptoms just since reading the book. I have to disagree with one reviewer who feels this book is merely an advertisement for their week long program in Northern California. It's really just in the chapter on Trigger Point Release that the authors bang that drum, and it's for good reason: These are techniques that, as far as I can tell, DO require supervision for safety and best results. My only criticism of the book lies in the area of presentation. Dr. Wise and Dr. Anderson are not writers, and it shows. The book desperately needs

a competent editor - it is littered with typos and grammatical mistakes (there's a even a grammatical mistake on the cover!), and some sentences are downright clunky. I found the chapter on Paradoxical Relaxation particularly awkward. But don't throw out the baby with the bath water. All in all this is a huge achievement in the research and treatment of assorted pelvic pain conditions.

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