



Alternative HealthCare Solutions

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CLINICAL PEARLS

Your Golf Ball Went Where? ? ?

Whether you are a pelvic floor specialist or not, a tender anterior pubic bone, (usually more tender on one side than the other) is a sign that there is levator ani muscle dysfunction / trigger. You may also find that the coccyx is tender as well. If the patient should mention that it feels like they have a golf ball in their rectum (no, seriously, that is what they describe it as) it is highly indicative of the pubo-rectalis muscle. If there is a tender anterior pubic bone but no golf ball sensation, it means that the pubo coccygeous (just lateral to pubo-rectalis) is likely at fault. The counterstrain release for these muscles is very easy to do and thankfully for most of us it is done externally. The patient can do follow up releases if the tenderness returns between sessions. I'll also show you the release and trigger point for the Ilio-coccygeous muscle, as well as how these muscles sometimes become dysfunctional together. These and much much more are taught in the M3 course which is coming up September 1-2nd in Willoughby Ohio.

[Pelvic Floor Dysfunction Treatment Video](#)

Do you have a question? Send an email to Tom@TomOcklerPT.com for a personal reply.