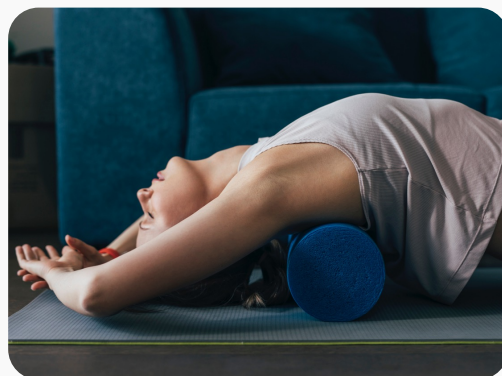


Complementary Therapies for Endometriosis

Complementary therapies are medical practices that may not be included in your standard medical care. They are often used in addition to medical management options to help alleviate your symptoms.

Physiotherapy

Pelvic floor physiotherapy can help strengthen your muscles and build your breathing and relaxation skills. Physiotherapy may be done through hands on treatment or at home exercises. Physiotherapists can also address other concerns that impact your bladder, bowel, or sexual health.



Counselling

Counselling can help build coping strategies and mindfulness skills. Counselling can help reduce stress, calm the nervous system, and help you manage anxiety, depression, and other intense emotions and isolation that you may experience from living with endometriosis.

To learn more visit
yourperiod.ca/endometriosis