

Additional Treatment and Management Options for Endometriosis



Other treatment and management options may include:

- Heating pads or a warm bath to help reduce muscle tension and cramping
- Muscle injections and/or transcutaneous electrical nerve stimulation (TENS) to treat pain in targeted areas
- Yoga, stretching, strength-training, and other low-impact exercises to help strengthen your pelvic floor and reduce muscle tension
- Rest and relaxation to help reduce stress and fatigue
- Acupuncture and massage to help reduce muscle tension
- Spending time with friends, family or in nature to help improve your mood



Who might be included on your care team?

- Primary care physician
- Obstetrician-gynecologist
- Gastroenterologist or urologist
- Physical therapist
- Mental health care provider

To learn more visit
yourperiod.ca/endometriosis

