Mobility|WOD

Pelvic Health Course for Women

**RESOURCES**

Additional resources, \*many of these are originally compiled on Amy Stein’s site: <http://www.healpelvicpain.com/resources>

 **• American Physical Therapy Association; Women's Health:**

 Tel: (800) 999-2782 Web Site: [www.apta.org](http://www.apta.org/)

 **• American Fibromyalgia Syndrome Association:**

 Tel: (520) 773-1570 Web Site: [www.afsafund.org](http://www.afsafund.org/)

 **• American Urological Association:**

 Tel: (410) 727-1100 Web Site: [www.auanet.org](http://www.auanet.org/)

 \* American Sexual Health Association

 Tel: (919) 361-8400 Web site: www.ashasexualhealth.org

 **• Biofeedback Certification Institute of America:**

 Tel: (303) 420-2902 Web Site: [www.bcia.org](http://www.bcia.org/)

 **• Chronic Fatigue and Immune Dysfunction Syndrome:**

 Tel: (800) 44-CFIDS Web Site: [www.cfids.org](http://www.cfids.org/)

 **• Endometriosis Association:**

 Tel: (800) 992-3636 Web Site: [www.endometriosisassn.org](http://www.endometriosisassn.org/)

 endo@endometriosisAssn.org

 **• Fibromyalgia Association:**

 PO Box 2373, Centreville, VA 22020; 703-790-2324

 **• International Foundation for Functional Gastrointestinal Disorders:**

 Tel: (888) 964-2001 Web Site: [www.iffgd.org](http://www.iffgd.org/)

 **• International Pelvic Pain Society:**

 Tel: (847) 517-8712 Web Site: [www.pelvicpain.org](http://www.pelvicpain.org/)

 **• International Society for the Study of Vulvovaginal Disease (ISSVD)**

 930 N. Meacham Rd, Schaumburg, IL 60173-6016

 **• International Society for the Study of Women's Sexual Health (ISSWSH)**

 Web Site: <http://isswsh.org/>

 **• International Urogynecological Association:**

 Web Site: [www.iuga.org](http://www.iuga.org/)

 **• Interstitial Cystitis Association:**

 Tel: (800) HELP-ICA Web Site: [www.ichelp.org](http://www.ichelp.org/)

 **• Interstitial Cystitis Network:**

 Tel: (707) 538-9442 Web Site: [www.ic-network.com](http://www.ic-network.com/)

 **• National Association for Continence:**

 Tel: (864) 579-7900 Web Site: [www.nafc.org](http://www.nafc.org/)

 **• National Lymphedema Network:**

 Tel: (800) 541-3259 Web Site: [www.lymphnet.org](http://www.lymphnet.org/)

 **• National Vulvodynia Association:**

 Tel: (301) 299-0775 Web Site: [www.nva.org](http://www.nva.org/)

 **• Society for Pudendal Neuralgia:**

 Email: Jeana.Dill@spuninfo.org. Web Site: [www.spuninfo.org](http://www.spuninfo.org/)

 **• Society of Urological Nurses and Associates:**

 Email: suna@ajj.org Web Site: [www.suna.org](http://www.suna.org/)

 **• Prostatitis Association:**

 Tel: (888) 891-4200 Web Site: [www prostatitis.org](http://www.prostatitis.org/)

 **• Vulvar Pain Foundation:**

 Tel: (336) 226-0704 Web Site: [www.vulvarpainfoundation.org](http://www.vulvarpainfoundation.org/)

**Bladder Irritant List:**

* http://www.hopkinsmedicine.org/johns\_hopkins\_bayview/\_docs/medical\_services/gynecology\_obstetrics/bladder\_irritants.pdf