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