

The PAINFREE PERIODS package consists of a detailed evaluation of your symptoms followed by a customized exercise and electrotherapy program. The package is inclusive of 5 sessions of an hour each, on an individual basis; conducted by a well-trained Physiotherapist.

*Gynaecworld*  
The Center for Womens' Health



PAINFUL PERIODS

For further details please contact

*Gynaecworld*  
The Center for Womens' Health

Front Desk

**GYNAECWORLD – 022-23802584**

**Dr. Riddhi Chandarana – 9920357437**

## **No more painful periods. period.**

Anamika says,

"I have had periods for years now, but today has been the most horrible day. I was working and suddenly had the worst pain ever. It kind of shocked me. But I tried to act normal in front of everyone. It hurt to stand up, walk and to sit down. I had awful cramps and it made me miserable. I walked home; which really didn't help and it just kept getting worse. My legs started to shake a little. Now I am at home. I took a pain killer, drank hot tea, ate crackers... but it still really hurts to walk. I don't think I will go to work tomorrow."

**A**re you going through a similar situation every month? Are you complaining of pain and discomfort in your lower abdomen and pelvic region? Do you experience pain in the lower back or anterior thigh as well? Do you feel extremely tired during the periods or just before the periods?

### **This is DYSMENORRHEA!!**

Dysmenorrhea is painful menstruation and is the most common of all gynaecological complaints, and the leading cause of absenteeism of women from work, school and other activities. Two forms are identified - primary (without any pelvic lesion) and secondary (with notable pelvic lesion). Primary dysmenorrhea presents as low pain and cramps recurring in waves that probably correlates with uterine contractions. The pain usually occurs a few hours before bleeding, comes to peak intensity within a few hours, and dissipates within 1-2 days. It generally occurs over the midline, and is relieved by the onset of good menstrual flow.

But now you need to suffer no more!

We, at GYNAECWORLD, provide you a safe method of pain relief with the help of our PHYSIOTHERAPY services.

Physiotherapy in the form of exercises aims at improving muscle tone and circulation, and electrotherapy stimulates your pelvic muscles; thereby increasing the blood supply to the muscles. These interventions help to decrease your pain as well as give you a non-invasive mode of pain relief.

Its GREAT!! for you if you do not want to or cannot take a painkiller!!