



Who We Are

About Us

We are a team of physical therapists in 5 locations through the US, investigating the effectiveness of a manual therapy protocol for the treatment of infertility.

Cost

There are no costs charged to study participants.

Contact Us:

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MECHANICAL INFERTILITY
SYSTEMATIC STUDY



Who is Eligible?

- Women ages 18-42
- Trying for minimum of 12 months to get pregnant
- Not currently undergoing any other infertility treatments
- Partner has normal sperm count and motility
- Patient is ovulating monthly

RESEARCH STUDY:

**PHYSICAL THERAPY
FOR THE
TREATMENT OF
INFERTILITY**



About the Study

This study is a comparison of two different types of hands-on treatments for improving fertility rates in women who have been diagnosed with primary or secondary infertility. It is being conducted by physical therapists in multiple sites across the U.S.

The theory is that restricted connective tissue which surrounds and supports the uterus, fallopian tubes and ovaries can be a cause of infertility in some women. These issues can occur because of previous infections, trauma, surgery, or endometriosis. Lymphatic congestion can also contribute to the problem by not allowing waste products to be removed from the tissues which causes swelling and contributes to tissue dysfunction. Physical therapy routinely treats these issues throughout the body. In cases where scar tissue or congested lymph nodes are present, this tissue dysfunction could be contributing to infertility. A hands-on approach to treatment has been shown to help.

About the treatments:

Treatments are one hour gentle, hands-on techniques once a week for 4 weeks, then once a month for 2 months.

In a published case series, 6 out of 10 women treated with a similar technique conceived and had healthy babies. Kramp ME JAOA, 2012

The Techniques

Muscle Energy: Is a foundational technique of osteopathic medicine that utilizes a patient's own muscle contractions to treat asymmetry of the bones of the spine and pelvis which may contribute to abnormal tension.

Myofascial Release: Is used to release trigger points in muscle and restrictions in the connective tissue known as fascia. This is a standard technique for treating scar tissue following trauma, surgery or infection. Restriction in connective tissue is often an underlying cause of pain and



Techniques cont.

Visceral Mobilization: Is a variation of fascial release which is specific to the ligaments and connective tissues which surrounds and supports the internal organs. Many issues from endometriosis to surgical scars can cause restrictions in the visceral fascia surrounding the reproductive system.

Lymphatic Drainage: Lymph is made up of water, proteins and waste products which have been produced by cells. Congestion of the lymphatic system can prevent full functioning of tissues. The treatment restores the flow of lymph out of the abdomen and pelvis. Lymph drainage helps to decrease swelling due to trauma, infection, or surgery.