

Pelvic Pain /Tinnitus Case

True Goal: Be 100% pain free and eliminate tinnitus

Acceptable Goal: 90% pain free, able to do all activities.

Medical and treatment timeline
10 years prior to March 2020: had muscle pain with the upper body with arms/wrist that I treated with trigger point therapy for the last 10 years. Arms, Head, Neck and chest area. On and off for 10+ years. Had pain mostly under control and manageable with trigger point work. Never had any issues below the chest. Mostly healthy for 36 years. No surgeries below the neck.
Nov 2017: Bad breakup. Therapy for a few months. Mentally/emotionally weak April 2018: Business closed/lost money/off "trajectory" Feb 2020: Lost job. Mentally strong. Felt stressed/rushed but manageable
March 2020: minor rear end accident someone bumped into my car For next 3-4 weeks, testicle and perineum area felt tighter every week
April 5 - went to ER at UCLA due to extreme sharp shooting pain (8/10) in left testicles/scrotum 2:30am
April 2020 - went through all the tests above. Took penicillin, hydrocodone and anti-inflammatories
Late April 2020 - started PT in LA with Stephanie Prendergast and others. Avoided medication whenever possible. Light doses of Gabapentin and Hydrocodone
May-Jun - tried chiropractor, different PTs and massage in LA. Tried Valium suppositories
July 2020 - moved back home to SJ. No medication so far.
July 2020 - sought out PTs in SJ. Tim Sawyer. Laura Fraser. Denise Alberto. Dr. Potts.
August 2020 - trying Fascial counterstrain. Didn't seem to help. Kept up with PT, meditation, stretching and egoscue method
Sep - Oct - Trying TrP, dry needling, self care, gabapentin pain management. Slight improvements but pain persists. Hard to focus when trying to work
Oct - Nov. Improved intrapelvic technique. Gentle, more precise. Tried to determine where dysfunction was, running different treatment tests. Abdominal work is improving. Some pain to the tip of penis/shaft in Nov.
Dec-Jan 2021 - Pelvic pain 80% better
Feb - Tinnitus started, pelvic pain went away for 1-2 weeks

March 2021 - Tinnitus very loud sometimes, pelvic pain mostly gone 90%, some days it can hurt a bit. Masturbating makes pain come back a bit but much less than before. Was not able to masturbate without getting bad or moving towards a flare up 6 months ago.

2021 March

MRI test for head / ears - [test results](#) / some white matter

Audiogram - normal - no hearing loss, infections or ear pressure issues

ENT exam - no issues with breathing, infections or structural issues

Dr Schubiner (email only)

Yes, we see tinnitus all the time!

It's obviously MBS, coming as the pelvic pain got better; we see that all the time too!! :)

It's funny (not too funny, but ironic maybe) that the brain will pick some other symptom to try to alert you (or scare you) with.

Dr Bradley Fanestil

Your symptoms fit the diagnosis of NeuroPhysiologic Disorder, also referred to as Mind Body Syndrome

On White matter:

Hi Rich. I am old enough to remember that these findings used to be called UBOs (Unidentified Bright Objects) in the early days of MRI scans. These do not show up on CT scans and nobody was sure what to make of them. Now, 30y later, we still are not sure what to make of them in asymptomatic individuals. they become more common with age and by old age – even in completely healthy old people - we see them in almost everybody.

The images you sent show what appear to me to be extremely low amount of these “lesions”, so not really worrisome. And certainly not the cause of any of your current symptoms.

April 2021

I am 90% sure I have TMS, but sometimes I have doubts, even after speaking with Dr Schubiner via email and Dr Bradley Fanestil in Boulder, CO.

May 2021

Pelvic pain 50/50. Manageable and low pain /throbbing but always flares up when masturbating. I test masturbating once every 2-4 weeks, and it always makes things worse

July 2021

Somatic movements (Thomas Hanna / Martha Peterson) felt no pain for 10 days. Then pain came back especially after masturbating and subsequent 3 weeks, exercises sometimes cause pain the day after. Looking for coaching / help

No longer require TrP work on arms / neck / head after starting somatic exercises

Feb 2022 - Moved to Vegas

On and off, manageable symptoms.

<p>March 2022</p> <p>Pelvic pain 80% better, light pain on most days. Can function</p> <p>Tinnitus is somewhat loud 3/10 most days, 1/2 on 20% of better days</p> <p>Arm/neck pain gets worse if I work at computer a lot</p>
<p>Nov 2023 Move to Taiwan</p> <p>TCM medicine seems to reduce pain a lot by at least 50%</p>
<p>March 2024 - Flare up with pelvic pain</p> <p>Recent Symptoms</p> <p>Some minor pain in ears tragus area</p> <p>March 10th one night, tingling, nerve pain (?) in arms so bad could not sleep</p> <p>2nd night, hypnic jerk kept me up</p> <p>2 nights slept ok with medication</p> <p>Nap on 3rd day without medication was ok</p>
<p>MRI w/o contrast shows all normal except: Small T2/Flair hyperintensities in the deep and periventricular white matter, may be due to small vessel disease, demyelination, or gliosis</p>
<p>Muscle twitches and hypnic jerks are uncontrollable sometimes. Some nights. Weird muscle twitches and muscle soreness / sensitivity which seems more sensitive than before.</p>
<p>All blood tests came back normal, except slightly elevated RF Factor, but negative anti-CCP (no RA so far)</p>
<p>X ray shows Narrowed neuroforamen of left c3/4</p> <p>A narrowed neuroforamen of the left C3/4 refers to a condition where the opening between the third and fourth cervical vertebrae on the left side of your neck has narrowed. The cervical vertebrae are the seven bones in your neck. The neuroforamen are the small openings between these vertebrae that allow spinal nerves to exit the spinal canal and travel to other parts of your body.</p>

Recent Symptoms

Some minor pain in ears tragus area

March 10th one night, tingling, nerve pain (?) in arms so bad could not sleep

Eyesight less good (aging maybe?) - 10-20%

Walking stability some issues feels off balance

Fatigue a lot, tingling all over body while out socially on weekends

RESULTS

[All test results for pelvic pain with files are here](#)

[Daily journal](#)

2022 Pettibon X-Rays

<https://drive.google.com/drive/folders/1M5tAveokriytlhBXqNDESwlnkQxVUVAH?usp=sharing>

No issues, Dr Adam Fields says my neck doesn't have a curve and is troublesome.

NOTES

Important notes below after page 1

Important Info

- Pudendal Nerve pain April 5 2020 ER (?)
- Hard chair = yes for many years - hard wooden chair with bad sitting posture
- Headache ER 1.5 years ago - treated with TrP therapy after going to ER on my own for 3-4 days and it went away

Working theories

- Lumbar spine/sacral joints were misaligned/dysfunctional after a car accident, causing pudendal nerve entrapment / sensitivity (?)

What reduces pain:

- Jumping into cold water on Santa monica beach I felt normal again for 20 minutes. The cold eliminated the nerve/muscle pain temporarily 100%
- Massage therapy seems to help a lot reduce pain 20-30%
- Laying down on back is less painful than lying on the sides
- Sleeping cuts pain 100%. Waking up, the pain slowly returns
- Ab massage relieved shaft / penis heaviness, urinating pressure in May 2020. This was the only urinary / bowel dysfunction so far in 2020.
- Laying down on abs helps a lot, it feels like the pelvis is relaxing, healing.
- Getting up and walking reduces pain
- Egoscue exercises feel good when not overdone

What makes it worse:

- Hurts more when I lay on my left side, a little on my right
- Sitting hurts especially on normal / hard chairs. Wonder Gel allows me to sit longer without pain.
- Postural imbalance on right hip stronger than left, and right abs stronger than left
- The butt, internal thigh, underneath the thigh and abs seem to be related somehow - the muscles all work together
- Over hitting intrapelvic can flare up symptoms
- Running or over exercising can flare up symptoms
- Emotional stress and issues can make pain worse

Issues:

- Left scrotum hurts more than the right
- Trigger points were pretty severe in abs, psoas muscles and intrapelvic
- Feels like nerve pain, but not 100% sure
- Masturbating tightens muscles, hurts testicles get tighter and urethra if symptoms are bad. When symptoms are good 0-1/10 is not bad, normal. Sensitive first 1-2 hours.
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