

FLARE TREATMENT OPTIONS AT ELYSARA

Your symptoms or concerns	Support to discuss with our team
Pelvic pain, cramping, nausea, or recurring flares	Clinical evaluation and medication review. A clinician can assess changes in your symptoms, review what you have taken, and consider appropriate treatment or coordination with your gynecologist or surgeon.
Pelvic tightness, painful intercourse, or discomfort with bowel movements or urination	Pelvic floor physical therapy. When tight or poorly coordinated pelvic muscles contribute to symptoms, a pelvic floor therapist can develop an individualized plan for relaxation, movement, and improved function. New bowel or bladder symptoms need medical assessment first.
Lower back, hip, or muscle pain; protective tightening around painful areas	Chiropractic and neuromusculoskeletal rehabilitation, medical bodywork, Active Release Technique, and hip flexor release. When appropriate, these services address accompanying muscle and movement problems. They do not remove endometriosis lesions or internal surgical adhesions.
Persistent muscle or tendon discomfort affecting movement	Shockwave therapy. Following an assessment, this may be considered for selected musculoskeletal problems. It is not an established treatment for an acute endometriosis flare.
Poor intake or possible dehydration	Hydration assessment and medically indicated IV fluids. Our clinician determines whether oral hydration, office treatment, or urgent evaluation is appropriate. Persistent vomiting or an inability to keep fluids down requires prompt medical attention.
Bloating, constipation, digestive discomfort, or difficulty eating during flares	Functional nutrition counseling. Personalized guidance can help you identify food patterns, maintain adequate nutrition, and develop practical eating and hydration strategies without unnecessary restriction.
Feeling overwhelmed, tense, or unable to settle during a flare	Reiki, relaxation services, guided breathing, and gentle movement. These can provide comfort and support coping. Your pain is real; emotional support belongs alongside medical care.
Flares interfering with work, family life, sleep, or relationships	Health coaching and care coordination. We can help you build a practical flare plan, pace activities, communicate your needs, and arrange follow-up.