Pudendal Neuralgia — understanding it and how the Oska Pulse may help

If you're dealing with pudendal neuralgia, first of all — we're sorry, because it can be a genuinely tough and often misunderstood condition. This piece explains, in plain language, what it is, what might cause it, and your options, including how the Oska Pulse may help.

What is pudendal neuralgia?

Pudendal neuralgia (PN) is a condition that causes long-lasting pain along the pudendal nerve—a major nerve in the pelvis. This nerve carries sensation and messages to the pelvic area, including the genital, perineal (the area between the genitals and the anus) and rectal regions, along with the muscles around them.

> **Breaking down the name:** *"Pudendal" refers to the pudendal nerve. "Neuralgia" simply means nerve pain — so pudendal neuralgia is, in everyday terms, ongoing pain coming from that one pelvic nerve.*

The pain is often described as burning, shooting, stabbing or aching, and it can range from mild to severe. It may be constant or intermittent, and it often worsens when sitting, walking or during sexual activity. Some people also notice numbness, tingling or heightened sensitivity in the affected areas.

What causes it?

The causes can be complex, and often more than one factor is involved. Some of the more common contributors are:

- **Nerve compression —** the pudendal nerve can get squashed or irritated by things like injury, long periods of sitting, cycling, or pressure on the pelvic region.
- **Inflammation —** when the nerve or nearby tissues become inflamed, that can lead to ongoing pain.
- **Nerve injury —** past surgery, childbirth, or other injuries to the pelvic area can damage the nerve.
- **Muscle dysfunction —** the muscles of the pelvic floor can become tight or not work as they should, which irritates the nerve.
- **Idiopathic —** sometimes, despite everyone's best efforts, no clear cause can be found.
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> **"Idiopathic," explained:** *It's the medical word for "of unknown cause." It doesn't mean the pain isn't real — only that a specific trigger hasn't been pinpointed.*

How is it diagnosed?

Pudendal neuralgia can be tricky to diagnose because its symptoms overlap with those of other causes of pelvic pain. A doctor will usually take a careful history, perform a physical examination, and may order imaging such as an MRI or ultrasound (scans that let them see inside the body) to rule out other causes. They might also use a pudendal nerve block or nerve conduction studies — tests that assess how the nerve is functioning — to help confirm the diagnosis.

What are the treatment options?

Treatment usually combines several approaches, tailored to the individual. Common options include:

- **Medications —** pain relievers, nerve-calming medicines, and muscle relaxants to help manage pain and discomfort.
- **Physical therapy —** pelvic floor physiotherapy to relax and strengthen the pelvic muscles, taking pressure off the nerve.
- **Nerve blocks —** local anaesthetic injections around the nerve that can give temporary relief and also help with diagnosis.
- **Neuromodulation —** using gentle electrical stimulation to help settle the pain signals travelling along the nerve.
- **Lifestyle adjustments —** managing stress, improving posture, and avoiding the activities that flare the pain.
- **Surgery —** in severe cases that don't respond to gentler treatments, surgical options such as relieving pressure on the nerve may be considered.

If you think you may have pudendal neuralgia, or you're living with ongoing pelvic pain, please do see a medical professional for a proper diagnosis and a treatment plan that's right for you.

Where the Oska Pulse comes in

The **Oska Pulse** is a PEMF device designed to offer gentle, non-invasive pain relief and to support the body's own natural healing. We'll be upfront: there isn't a lot of formal clinical research looking specifically at PEMF for pudendal neuralgia yet. That said, PEMF therapy has been explored for managing many kinds of pain and inflammation. If you're thinking about trying the Oska Pulse, here are some helpful things to keep in mind.

> **PEMF, made simple:** *PEMF stands for Pulsed Electromagnetic Field therapy — a drug-free approach that sends gentle, pulsing energy into the body to encourage its own natural healing. You don't feel anything while it works.*

Where to place it — with your healthcare provider's okay, you can rest the Oska Pulse over the painful area of the pelvic region. It's used externally, on top of the skin.

How often and how long — follow the manufacturer's guidance. PEMF sessions typically last about 180 minutes and can be repeated several times a day.

Give it time — consistent use over a period of time is usually what brings results. It may take several weeks before you notice a change in pain and discomfort.

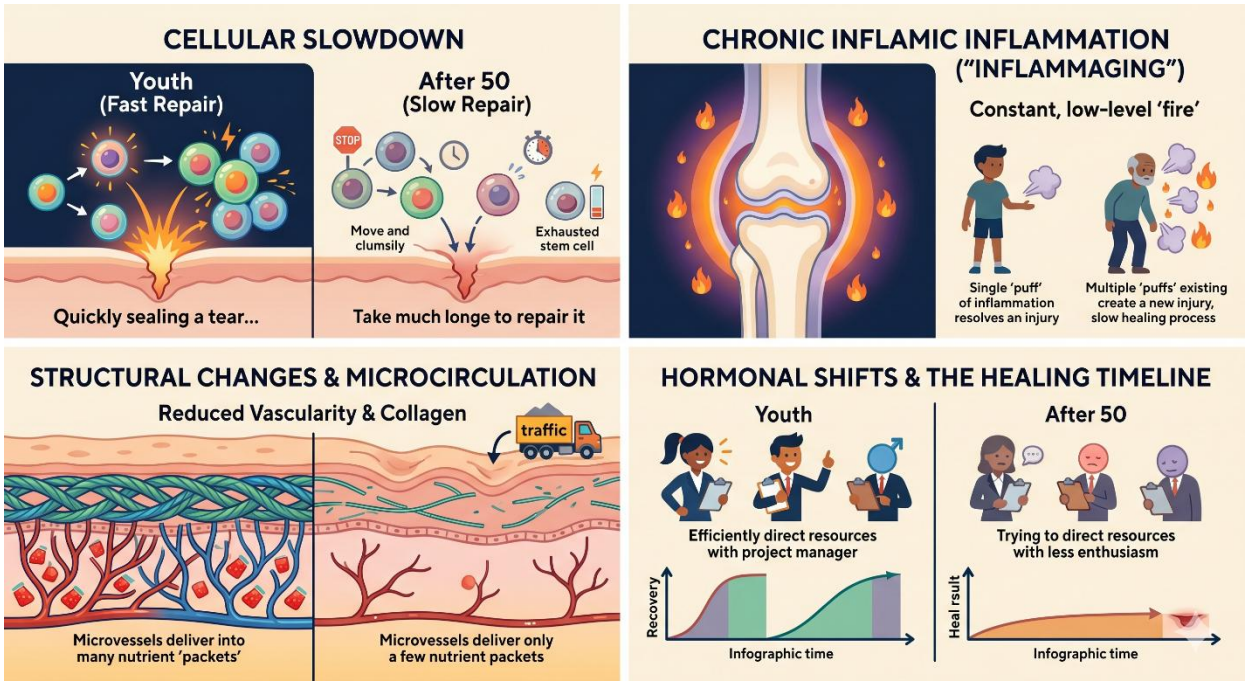
Keep it comfortable — the device is portable and easy to use; just make sure its placement feels comfortable and doesn't add to any discomfort.

Part of a bigger plan — think of the Oska Pulse as one helpful piece alongside your other treatments, such as medication, physiotherapy and lifestyle changes.

Talk to your provider — while there are plenty of encouraging user stories, the formal research is still limited, so it's well worth discussing with your healthcare professional whether it could be a useful addition for you.

Everyone's experience with pain-management therapies is a little different — but if gentle, drug-free support sounds appealing, the Oska Pulse may be worth a conversation with your doctor.

Remember, health, lifestyle, and age can affect how long it takes for OSKA to make a difference.



This document is for informational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. Please consult your healthcare provider before starting any new therapy, and do not change or stop current medication without their guidance.

With warm regards,
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