Pelvic pain treatment planning:

Problem: **What is the symptom, feeling or fear?**

Learning: **What have you tried and did it make it worse or better?**

Action: **What will you try from now on?**

Your team/tools: **Who is helping you to achieve this?**

Success: **What does success look like?**

No matter how big or small, take note of any wins

Here's an example:

Problem	Learning	Action	Your team/tools	Success
Missing netball training	• Full training makes it worse • If I miss a training, I don't get to play that week	Having a clear training plan	• Coach • Pelvic pain physiotherapist • GP	Attending training 4 weeks in a row
Bleeding through the night—not going on sleepovers	• Night pads are not enough • I don't wake up when bleeding	Trying some different night options like period undies or pants	• Period undies • Own sleeping bag • Medications (GP)	Two periods without leaking

Kids and Teens Pelvic Pain Clinical Network

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Pelvic pain treatment planning:

Your plan:

Problem	Learning	Action	Your team/tools	Success

Notes: