

Daily practice among physiotherapists that treat women with endometriosis-associated symptoms

Dear Colleague,

We wish to increase our knowledge about conservative treatment of endometriosis-associated symptoms by investigating and comparing daily practice among physiotherapists treating these women in the Nordic region. The aim of the survey is to uncover similarities or differences in treatments offered to women with endometriosis-associated symptoms. We also want to map how many do not treat women with endometriosis and why.

Thank you for taking the time to complete the questionnaire. It should take approximately 10 minutes to answer the questions.

Before commencing, you must sign the informed consent on the next page.

Request for participation in a research project

What is common practice among physiotherapists in the Nordic region who treat women with endometriosis disorders?

Background and purpose

This is a request for your participation in a study that intends to investigate daily practice amongst physiotherapists that treat or have treated women with endometriosis-associated symptoms. The aim of this survey is to examine current practice among physiotherapists and uncover similarities and differences in treatments offered to women with endometriosis-associated symptoms.

What does the study entail?

You will answer questions about your general working day. In addition, you will answer questions relevant to the treatment of endometriosis-associated symptoms. The questionnaire is anonymous.

Potential advantages and disadvantages

Participating in this project will provide important knowledge to improve our understanding of how physiotherapists treat women with endometriosis-associated symptoms. We do not see that there are any disadvantages associated with the project other than the time used to complete the questionnaire.

What will happen to the information about you?

The data that is registered by you will only be used for the purpose of the study as described above. Since the questionnaire is anonymous it will not be possible to identify you in the results of the study. Data collected will be deleted after project completion on April 1st, 2026.

Voluntary participation

Participation in the study is voluntary. However, since the questionnaire is anonymous it will not be possible to withdraw your consent after participation as we do not know which data that belongs to you. If you wish to participate, we ask to sign the consent form below.

Contact information

If you have any questions about the project, you can contact the PhD-candidate and physiotherapist Rakel Gabrielsen: phone: +47 92677147 or via mail: rakel.gabrielsen@gmail.com
The privacy representative at the institution is: personvern@ahus.no

Consent for participation in the study

I am willing to participate in the study and allow that my information will be used as described above.

Yes

No

Thank you for taking the time to answer.

Questions in general about your daily physiotherapy practice.

Do you treat women with endometriosis-associated symptoms?

This element is only shown when the option 'Yes' is selected in the question 'I am willing to participate in the study and allow that my information will be used as described above.'

Yes

No

Why do you not treat women with endometriosis-associated symptoms?

This element is only shown when the option 'No' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

Not referred to me / does not contact me

Not enough knowledge about treatment of this patient group

Other

Other (please describe):

This element is only shown when the option 'Other' is selected in the question 'Why do you not treat women with endometriosis-associated symptoms?'

This is a questionnaire about physiotherapy and endometriosis-associated symptoms, so you do not need to answer any more questions. Thank you for participating.

Gender

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

Woman

Man

How long have you been practicing as a physiotherapist?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

0-3 years

4-6 years

7-10 years

> 10 years

Where do you work?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

Sweeden

Denmark

Iceland

Finland

Which city/municipality?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

Do you work in an interdisciplinary team (several answers are possible)?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

Yes, with doctors

Yes, with chiropractors, osteopaths, naprapaths, etc.

- Yes, with acupuncturists
- Yes, with nurses
- Yes, with midwives
- Yes, with sexologists
- Only with other physiotherapists
- I work alone

Where is your main field of physical therapy?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

- Private practice with government funding
- Private practice without government funding
- Hospital
- Community work
- Other

Other (Please describe)

This element is only shown when the option 'Other' is selected in the question 'Where is your main field of physical therapy?'

How much of your work is within the field of women`s health?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

- 0-20%
- 20-40%
- 40-60%
- > 60%

The questions below are directly related to patient care. We ask you to answer the questions with regard to the assessment and treatment you offer to women with endometriosis-associated symptoms.

What is the most common reason that women with endometriosis-associated symptoms seek your help?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

- Pain in the pelvic floor, including pain during intercourse
- Abdominal pain
- Back or pelvic pain
- General pain from other parts of the body
- Other

Other (Please describe)

This element is only shown when the option 'Other' is selected in the question 'What is the most common reason that women with endometriosis-associated symptoms seek your help?'

Where are the majority of patients referred from?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

- Through the specialist health service
- Private doctors or gynecologists
- General practitioner
- Other therapists
- Patients make contact directly

On average, how many women do you treat with endometriosis-associated symptoms each month?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

- 0-5
- 5-10
- 10-15
- >15

On average, how many consultations do you have per woman with endometriosis-associated symptoms in a treatment course?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

- 0-5
- 5-10
- 10-15
- >10

On average, how long is each consultation?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

- Up to 30 minutes
- Up to 45 minutes
- Up to 60 minutes
- Up to 90 minutes

How do you assess a patient with endometriosis-associated symptoms, in addition to the anamnesis at the start of a treatment (several answers are possible)?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

- Questionnaires
- Pain drawing
- Breathing patterns
- Observe posture, gait, sitting position, dressing/undressing
- Functional tests of the back, hip, and pelvis including range of motion and strength
- Pelvic floor function with vaginal or rectal palpation
- Pelvic floor function with a measuring device (EMG, manometer, etc.)
- Other

Please describe questionnaire

This element is only shown when the option 'Questionnaires' is selected in the question 'How do you assess a patient with endometriosis-associated symptoms, in addition to the anamnesis at the start of a treatment (several answers are possible)?'

Other (Please describe)

This element is only shown when the option 'Other' is selected in the question 'How do you assess a patient with endometriosis-associated symptoms, in addition to the anamnesis at the start of a treatment (several answers are possible)?'

On average, what type of treatment/advice do you offer women who visit you with endometriosis-associated symptoms (several answers are possible)?

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

- Internal manual treatment (vaginal or rectal)
- Manual treatment of external joints and muscles (e.g., pelvic area)

Individual training in the clinic with strength, movement/flexibility, and endurance

Individual training at home with strength, movement/flexibility, and endurance

Group exercise

Pelvic floor exercises (with and without relaxation)

Cognitive-behavioral therapy

Relaxation techniques, mindfulness, and/or meditation

Other

Other (Please describe)

This element is only shown when the option 'Other' is selected in the question 'On average, what type of treatment/advice do you offer women who visit you with endometriosis-associated symptoms (several answers are possible)?'

How often do patients with endometriosis-associated symptoms receive individual training at the clinic?

This element is only shown when the option 'Individual training in the clinic with strength, movement/flexibility, and endurance' is selected in the question 'On average, what type of treatment/advice do you offer women who visit you with endometriosis-associated symptoms (several answers are possible)?'

< Once a week

Once a week

Two or three times a week

Three or more times per week

How often do patients with endometriosis-associated symptoms perform individual training at home?

This element is only shown when the option 'Individual training at home with strength, movement/flexibility, and endurance' is selected in the question 'On average, what type of treatment/advice do you offer women who visit you with endometriosis-associated symptoms (several answers are possible)?'

< Once a week

Once a week

Two or three times a week

Three or more times per week

How often do patients with endometriosis-associated symptoms receive group exercise?

This element is only shown when the option 'Group exercise' is selected in the question 'On average, what type of treatment/advice do you offer women who visit you with endometriosis-associated symptoms (several answers are possible)?'

< Once a week

Once a week

Two or three times a week

Three or more times per week

How often do patients with endometriosis-associated symptoms receive/perform pelvic floor exercises?

This element is only shown when the option 'Pelvic floor exercises (with and without relaxation)' is selected in the question 'On average, what type of treatment/advice do you offer women who visit you with endometriosis-associated symptoms (several answers are possible)?'

< Once a week

Once a week

Two to three times a week

Three or more times per week

How do you evaluate treatment effect in patients with endometriosis-associated symptoms (several answers are possible?)

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

Questionnaires

Pain drawing

Breathing patterns

Observe posture, gait, sitting position, dressing/undressing

Functional tests of the back, hip, and pelvis including range of motion and strength

Pelvic floor function with vaginal or rectal palpation

Pelvic floor function with a measuring device (EMG, manometer, etc.)

Other

Other (please describe)

This element is only shown when the option 'Other' is selected in the question 'How do you evaluate treatment effect in patients with endometriosis-associated symptoms (several answers are possible)?'

Please describe questionnaire

This element is only shown when the option 'Questionnaires' is selected in the question 'How do you evaluate treatment effect in patients with endometriosis-associated symptoms (several answers are possible)?'

If you have additional comments that you would like to make or questions or alternatives that are not covered in this questionnaire, please list them here.

This element is only shown when the option 'Yes' is selected in the question 'Do you treat women with endometriosis-associated symptoms?'

The survey is complete.

You have contributed to important research in the field of women`s health.

Thank you very much for taking the time to answer the questions.