

Awareness of Mercier Therapy among Physiotherapists in Pakistan- An advance technique for Infertility and Pelvic Organ issues in Women

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Dear Editor,

I am reaching out to highlight a crucial matter of infertility and pelvic organ disorders in women. A notable percentage of couples in Pakistan are impacted by infertility, with approximations indicating that difficulties conceiving are experienced by 10-15% of couples. 6.7 million Women between the ages of 15 and 44 experience impaired fertility, while 1.5 million are unable to conceive, and 7.4 million have sought infertility treatments in their lifetime [1]. Currently, women are undergoing fertility treatments at reproductive endocrinology clinics, often undergoing multiple cycles without understanding the potential long-term effects of fertility drug use. Women in Pakistan continue to grapple with substantial challenges regarding their health, specifically concerning pelvic organ disorders and infertility. Even with progress in medical technology and awareness, numerous women encounter obstacles in obtaining suitable care, frequently because of cultural taboos, inadequate education, and restricted access to specialized healthcare services. This letter aims to draw readers' attention towards the importance and awareness of Mercier Therapy for the treatment of infertility and pelvic-related issues. Concerning the knowledge of Mercier Therapy among physiotherapists in Pakistan, especially its use in addressing pelvic organ issues and infertility in women. To progress healthcare practices in our nation, it is essential to educate physiotherapists about this groundbreaking hands-on technique, which can greatly impact the well-being of our patients. Dr. Jennifer Mercier developed Mercier Therapy, which aims to improve reproductive health and treat various pelvic-related conditions by manipulating pelvic organs. Given the global increase in infertility rates, it's important to grasp and apply these methods to offer comprehensive care to women dealing with these issues. The technique involves gentle manipulation of the deep pelvic organs to mobilize the reproductive organs and improve blood flow. It aims to relieve organ restrictions and restore movement among the organs and surrounding structures for optimal function. Mercier therapy is designed to enhance female pelvic health and overall well-being by addressing scar tissue and reduced mobility of the reproductive structures. This non-invasive approach is helpful for women of all ages dealing with fertility issues, pelvic pain, recovery from **Open Access**. This is an open access article distributed under the terms of the CC-BY License.

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gynecological surgery, or traumatic birth experiences [1]. This therapy aims to enhance pelvic health by restoring balance to the pelvic region, increasing blood flow, and promoting overall well-being. Mercier Therapy involves a combination of gentle abdominal and pelvic manipulations. Therapy can be used on its own to treat infertility or to prepare for IUI or IVF [2]. Each therapy session lasts for one hour. The protocol involves completing six hours of therapy within a period of 1-6 weeks [1]. In a study published in 2013, participants achieved an 83% success rate in terms of pregnancy without identifying infertility-related pathologies [3]. In Pakistan, numerous physiotherapists may not be familiar with the benefits of Mercier Therapy, which hinders our capacity to assist patients struggling with infertility and pelvic pain. Through promoting education and training on this method, we can enable practitioners to serve their patients better and broaden the reach of physiotherapy in women's health. Mercier Therapy offers a comprehensive treatment approach and enables physiotherapists to incorporate this method into their practice, broadening the range of care options for patients. I believe it is important for the authorities and educational institutions to prioritize organizing workshops and training sessions on Mercier Therapy for physiotherapists throughout Pakistan. Establishing a strong network of knowledgeable practitioners will improve patient results and encourage a more holistic approach to addressing women's health concerns. Together, let's collaborate to increase awareness and enhance the standard of care for women in our community.

Sincerely,

Hamna Bukhari

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