What is it?
Just as spasms of neck muscles cause headaches, spasms of the pelvic muscles cause proctalgia.

Proctalgia is pain due to a spasm of the pelvic floor muscles, the muscles of the anal sphincter, or the muscles of the rectum.
This causes severe stabbing pain like a knife sticking into the rectum. This type of pain may originate without warning. It may vary in severity and duration. It may pass quickly or might last much longer.

Causes
Diagnosing the primary cause of proctalgia can be very difficult and may require several approaches before a successful strategy is developed for each sufferer. There may be structural anomalies in the area of the pelvic wall; however, no study has found a specific anatomical cause.

Symptoms
- Recurrent episodes of sudden, severe cramping pain localized to the anus or lower rectum.
- Last from seconds to minutes and resolve completely.
- The patient is entirely pain-free between the episodes.
Symptoms often occur at night and may wake the person who has the condition.

Why You Shouldn’t Ignore It
Anorectal and pelvic pain may also be the result of many different conditions:
- Stress
- rectal ulcers, also referred to as solitary rectal ulcers
- Hemorrhoids
- rectal ulcers, also referred to as solitary rectal ulcers
- Abscesses
- a fissure in the lining of the rectum
- inflammatory bowel disease

Treatment
Reducing Stress: Proctalgia can be related to stress. Continued emotional stress causes the body to react and internal organs of the digestive systems are acute receptors of stress. It is encouraged to adopt stress-relieving therapies to reduce the occurrence of proctalgia.

Natural Vegetable Powder: Three tablespoons per day will cause a person to have large and soft bowel movements that stretch the muscles to help prevent spasms.

Electrical Stimulation: A low voltage current is passed through the spastic muscles for 30 minutes, causing the muscles to relax.

Nerve Blocks: Epidural nerve blocks injected into the back can numb the nerves to the pelvic area.

Pelvic Muscle Retraining: A person can be trained to relax pelvic muscles through special exercises. These exercises are to reach people how to contract muscles at the anal sphincter to control spasms.