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PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

WOMEN'S HEALTH INCONTINENCE & PELVIC HEALTH

Urinary incontinence has a reputation of being something that only becomes a problem for elderly people. The truth is though, many young people live with urinary incontinence as well.

(continued inside)



Dr. Cheryl Howard
PT, DPT, Cert. MDT
Owner

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FOR YOU OR FOR A FRIEND!**

(DETAILS INSIDE)

www.innovativeptsolutions.com

Innovative Newsletter

INSIDE:

Staff
Spotlight

Exercise
To Help
With Pain

Deep Tissue
Laser
Therapy

Quote of The Month:

*“Never allow
waiting to become
a habit. Live
your dreams and
take risks. Life is
happening now.”*

- Paulo Coelho

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TODAY!**

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WOMEN'S HEALTH

Incontinence & Pelvic Health



(continued from outside)

Although both men and women can experience urinary incontinence, women are typically more at a risk for developing this condition due to the way their pelvic floor muscles change during pregnancy and delivery.

Many women become worried about their ability to return to work after giving birth due to urinary leakage, urgency, or frequency. They may also be dealing with pelvic or abdominal pain and discomfort.

Fortunately, there are many treatments for urinary incontinence and pelvic pain here at Innovative Physical Therapy Solutions. Our skilled therapists specialize in internal and external assessment and treatment for muscle weakness, spasms, pre, and post-natal care, strengthening, and more.

To learn about our therapeutic programs and how they can help you live a more comfortable life, call our clinic today.

Why Am I Experiencing Pelvic Pain?

If you have pain in your pelvis, it may not always be fully clear what's causing it. Some common causes of pelvic floor dysfunction and chronic pelvic pain include, but are not limited to:

- Pregnancy
- Sacroiliac joint dysfunction
- Coccydynia

- Irritation of the pudendal nerve (which originates near the bottom of your spine)
- Irritable bowel syndrome
- Increased tension in pelvic floor muscles
- Post-surgical complications (e.g., pain following a hysterectomy, hernia repair, cesarean section)
- Endometriosis

The pelvic physical therapists at Innovative Physical Therapy Solutions are highly skilled in evaluating and treating various musculoskeletal and neurological conditions affecting the body. This profession focuses on assessing any underlying factors, such as strength, neuromuscular control, balance, coordination, skeletal alignment, and endurance, which may be contributing to impaired functional mobility, activity participation, and quality of life.

Why Am I Experiencing Pelvic Discomfort?

Your pelvic floor muscles work to support your abdominal contents (specifically the rectum, bladder, and uterus), allow for urination and defecation, prevent leakage of urine or stool when not desired. These muscles also help to stabilize the pelvis, working with your abdominal muscles, back muscles, and diaphragm. When these muscles are too weak or too tight due to a chronic condition or pregnancy, urinary incontinence, pain, and discomfort can be the result. *Continued inside.*

WOMEN'S HEALTH Incontinence & Pelvic Health

Continued from previous page.

Urinary Incontinence

Urinary incontinence is very common in women before and after giving birth. Some people with urinary incontinence may get relief by making simple lifestyle changes. If you have stress incontinence, for instance, in which you leak urine when you cough, sneeze or laugh, your physical therapist may teach you appropriate exercises to strengthen and coordinate pelvic floor contractions. They may also advise you to limit or avoid certain bladder irritants.

Exercises to strengthen the pelvic floor muscles, known as Kegels, can sometimes help people with stress incontinence. Kegels can also help people with urge incontinence. Sometimes bladder retraining can also help; this process helps to ensure proper fluid intake, voiding intervals, and urge suppressing strategies.

Mild to moderate cases of common types of incontinence can be cured or greatly improved by behavioral or exercise therapy. We can also teach you habits and techniques to reduce urgency and urge incontinence while you're at work as well.

Pregnancy and Childbirth

Innovative Physical Therapy Solutions can help mothers deal with pre and postnatal pains as their bodies experience the effects of pregnancy and childbirth.

Some of the most common symptoms that expecting or new mother's experience are:

- Urinary or fecal incontinence
- Constipation
- Prolapse, or the sensation that the organs are "dropping"
- Pain during sex
- Inability to fully empty the bladder
- Pubic bone or SI joint pain

Prenatal rehabilitation can help to prepare your body, specifically your pelvic floor, for childbirth. It enhances your ability to have a smoother delivery and

recovery, and mostly consists of exercises and stretches to improve the flexibility and strength of the pelvic floor muscles.

Postnatal rehab consists of physical therapy treatments to help you with your postpartum recovery. Back and pelvic pain is the most commonly reported forms of prenatal and postnatal discomfort. These can often subside after the baby is born, but for approximately one-third of women, they continue to persist postpartum.

With postnatal rehab, your physical therapist will provide you with the proper resources needed for pain and muscle management, strength training, body mechanics, and flexibility/stretching.

What To Expect During Pelvic Floor Physical Therapy

Every patient presenting with chronic pelvic pain is unique. If you come to see a physical therapist for your pelvic dysfunction, you'll be taken through a physical examination and a patient history questionnaire. He or she will ask you specific questions about your pain, what makes it worse and better, and whether you have a history of any related issues.

Based on the results of the examination, your physical therapist can then develop a customized treatment plan to relieve your symptoms and address the suspected underlying causes to prevent recurring dysfunction and help you to build strength in weak areas or relax tense muscles causing pain.

Strength, endurance, flexibility, and motor control of the pelvic floor muscles will also be evaluated to help in determining the best route for your treatment plan.

You Don't Need To Live With Urinary Incontinence and Discomfort

If you are struggling with pelvic pain, urinary incontinence, or you're looking for pre and post-natal care as you ready yourself to welcome your new little one into the world, Innovative Physical Therapy Solutions can help you.

For both short-term and long-lasting relief without the need for invasive interventions or medications, consider consulting with a pelvic physical therapist today.

Staff Spotlight

Meet our Pelvic Floor Therapist



DR. ASHLEY MCAVOY PT, DPT

Ashley holds a Doctorate of Physical Therapy Degree from SUNY Upstate Medical University and a Bachelor of Science Degree in Biology from SUNY at Oswego. She received her advanced training in pelvic floor through the Herman & Wallace Institute in order to evaluate and treat specific pelvic floor disorders such as pelvic pain, bowel dysfunction, abdominal pain, coccyx pain, pediatric pelvic floor dysfunction, incontinence and much more!

Ashley has completed specialized coursework in male pelvic floor as well as pediatric incontinence and functional gastrointestinal disorders. She is skilled in helping women, men and children, and we strongly encourage you to reach out for help if you're experiencing any of these conditions!

Exercise To Help With Pain:

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

Helps strengthen pelvic floor muscles.

Exercise copyright of
SimpleSet Pro
www.simpleset.net

PELVIC TILT ON FLOOR

Lay on the floor with your knees bent and facing the ceiling. Slowly and gradually tilt your pelvis muscles forwards then backwards making a small circle with your hips. Keep your core engaged. Repeat 10 times.



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DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

No Referral/Prescription Needed - No Insurance Needed
No Expiration On Package Treatments - We Take Cash,
Card, or Health Savings Account

Have you heard of laser therapy? While it may sound daunting, it is actually a great way to help alleviate pain and promote healing.

Laser therapy is a treatment offered at **Innovative Physical Therapy Solutions** for its safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions.

Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

If you are looking for laser therapy in Watertown, NY, contact **Innovative Physical Therapy Solutions** today! We'll set up a free consult for you and figure out whether or not laser therapy could help in reducing your pain.



Visit our website today and click on "How We Treat" tab to learn more about Deep Tissue Laser Therapy!

www.innovativeptsolutions.com

Fun & Games

PLAY FOR A PRIZE: *SUDOKU!*

	2	6			5			
8	1			7				9
						5		8
							8	
		9	7	6	1	2		
	3							
3		7						
6				2			3	5
			9			7	6	

<http://1sudoku.com>

Level Hard

The first 3 patients to bring in a correctly completed puzzle will **WIN, ONE FREE LASER TREATMENT!**

Innovative PT Coupons

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Offer valid for the first 20 people to schedule.
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