

THE



**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers



APRIL 2024

# NEWSLETTER



## How Physical Therapy **HELPS PELVIC HEALTH**

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## HOW PHYSICAL THERAPY HELPS PELVIC HEALTH

Are you experiencing pain in your intimate areas? Have you struggled with incontinence? For some, it can be challenging to talk about these types of struggles. At FYZICAL Travelers Rest, we are musculoskeletal experts and work with people experiencing difficulties in all body regions.

Our highly trained team uses the most advanced strategies to help alleviate the pain and restore normal function of the bowel and urinary systems. We also help people experiencing pain during sex and experiencing dysfunction in sexual performance.

Everyone has a pelvic floor, and learning how to resolve issues can significantly impact your overall well-being. At FYZICAL Travelers Rest, our team works with all types of problems affecting the pelvic region regardless of gender identity.

### What Is the Pelvic Floor?

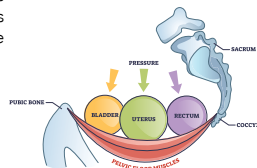
The pelvic floor is a term used to describe the region located in the bottom aspect of the pelvis. The pelvic floor is a complex system that works with the structures and systems in the pelvic cavity and the body.

The pelvic floor is supported by several muscles that also provide several essential functions, including supporting the organs found in the pelvis, bladder and bowel control, and sexual function. Impairments in muscle function can lead to pain and dysfunction.

The ability to contract the pelvic floor correctly can be affected by several factors, including:

- Weakened bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Damage to the nerves from health problems like diabetes and multiple sclerosis
- Enlarged prostate
- Types of cancer
- Certain medications

### PELVIC FLOOR MUSCLES



- Trauma (physical, psychological/emotional)

Strong pelvic floor muscles are essential with activities where an extra force is added to the abdomen and pelvic floor (i.e., coughing, laughing, sneezing, and lifting). When these muscles are weak or not working as they should, pelvic floor dysfunction may occur. Fortunately, our physical therapists know how to identify the factors contributing to your problems and, more importantly, how to resolve them!

### What Are the Most Common Issues People Face?

The pelvic floor muscles are needed for sexual function, urination, and defecation. Impairments are often ignored early on due to the difficulties of talking about this region of our body. We understand people's difficulties, but it is important to note that addressing an issue when it first starts will often lead to a quick resolution and the most complete recovery.

Women experience pelvic floor conditions, including painful menstrual periods, painful urination, and urinary incontinence. The impairments will even lead to pelvic organ prolapse and chronic pelvic pain for some.

Men often don't know about the pelvic floor until there is a problem. The most common issues include urinary dysfunction after prostate cancer treatments. Typically these symptoms range from some leaking to complete loss of bladder control or irritation/discomfort when urinating. Pelvic floor dysfunction for some may lead to erectile dysfunction.

Fortunately, our physical therapists are trained in pelvic rehab no matter your gender and can help you resolve any issue you may be experiencing.

### How Physical Therapy Can Help

Our therapists at FYZICAL Travelers Rest tailor our programs to the individual using research-backed, comprehensive treatment programs. We will conduct a thorough history and physical examination to identify all the possible factors contributing to your condition.

Evaluating the strength of the pelvic floor muscles includes assessing your ability to willfully contract your muscles and also identifying your ability to generate power and sustain a contraction. It is also essential to test your contraction speed and your ability to relax on command.

We will use this information to develop an individualized program focusing on helping you resolve your pain and restore your function. Our pelvic floor treatments include:

- Soft tissue mobilization and massage of internal and external pelvic musculature to relieve muscle tension and provide pain relief
- Pelvic floor muscle retraining to restore normal strength and endurance

- Neuro-retraining (i.e., incorporating pelvic floor muscle activation during simulated daily activities)
- Electrical stimulation modalities for pain relief and to restore normal neuromuscular activation of the pelvic floor muscles and nerves
- Bladder training (i.e., gradually holding urine for longer and longer periods)

Our team will educate you on home exercises and simple movements that you can build into your everyday activities. We believe that teaching you strategies to manage and improve your pelvic health is the key to lasting results.

### Request an Appointment

At FYZICAL Travelers Rest, our physical therapists can help with incontinence, pelvic pain, and sexual dysfunction, whether your condition results from reconstruction surgery, abdominal surgery, prostate cancer treatments, pregnancy, or childbirth. No matter what it is, we most likely treat it.

Contact our clinic today and request an appointment with one of our pelvic floor specialists!

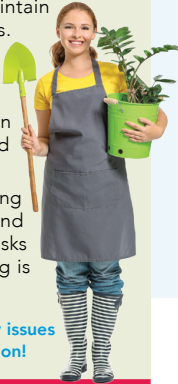
Sources: <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005654.pub4/full>; [https://journals.lww.com/co-obgyn/Abstract/2019/12000/Pelvic\\_floor\\_physical\\_therapy\\_in\\_the\\_treatment\\_of\\_19.aspx](https://journals.lww.com/co-obgyn/Abstract/2019/12000/Pelvic_floor_physical_therapy_in_the_treatment_of_19.aspx); <https://www.mdpi.com/2075-4426/11/12/1368/html>; <https://pubmed.ncbi.nlm.nih.gov/30137629/>; <https://pubmed.ncbi.nlm.nih.gov/2486654/>

## 3 Spring Gardening Tips

To avoid injury and have fun gardening!

- 1. Warm up first.** Be up and moving for about 45 minutes before starting any bending or lifting. Do simple backbends and stretches before starting.
- 2. Stick your butt out!** Your back is incredibly strong and resilient when you maintain its natural curves, called lordosis. When you stick your butt out, you will naturally increase the curve and protect your back. When bending to pull weeds, kneel or squat so you can maintain proper spine position and protect your back.
- 3. Take breaks & switch it up.** Taking frequent breaks, using your left and right sides equally, and alternating tasks such as digging, lifting, and walking is beneficial for your body.

And call us if you're experiencing any issues that put your green thumb out of action!

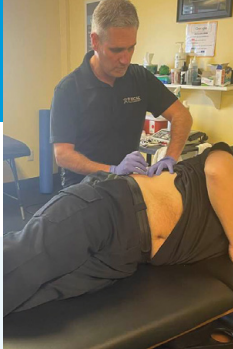


# FREE LASER SESSION!

Refer someone you love, who becomes a patient, and get a free laser session!



# DRY NEEDLING



Dry needling is based on Western medicine, targeting muscle tissue with the goal of reducing pain, deactivating trigger points and restoring function. Dry needling is a treatment performed by skilled and trained physical therapists, certified in the procedure. A thin monofilament needle penetrates the skin and treats underlying muscular trigger points for the management of neuromusculoskeletal pain and movement impairments.

Many people question the difference between dry needling and acupuncture. While dry needling does use the same needles as acupuncture, they focus on two totally separate aspects of the body. Acupuncture focuses on energy pathways while Dry Needling directly targets your muscular system. Biomedical Dry Needling involves placing a small needle into the muscle at the trigger point in order to cause the muscle to contract and then release, improving the flexibility of the muscle and therefore decreasing the symptoms over time. This will cause an increase of blood flow to the targeted area which aids healing while releasing natural “feel good” chemicals such as serotonin and endorphins. Please contact our office today if you have any questions or would like to schedule!

## Benefits of Dry Needling

- Non-Opioid Pain Relief
- Reduced Pain
- Reduces Swelling
- Faster Recovery
- Ability to move freely again



## Patient Success Spotlight

“I have been to Fyzical several times for several reasons. ALL the therapists are so knowledgeable, caring, informative, encouraging, caring, motivating. I cannot thank them enough for helping me with my range of motion and balance.” — MM

# MOTHER'S DAY GIFT IDEAS

What are you getting your mom for Mother's Day? Here's a list of gift suggestions that your mom will love!

- 1. A new yoga mat or workout equipment.** Help your mom stay active with a new yoga mat or workout equipment — perfect for at-home workouts.
- 2. A book on her favorite hobby.** Is your mom an avid bird watcher? What about a gardener or an excellent cook? Facilitate her hobbies by getting her book related to what she loves.
- 3. A yoga or pilates class.** Is your mom under a lot of stress? Activities like yoga and pilates are excellent stress relievers — while also being great for your physical health. Both forms of exercise deal with breath control and can help your mom release stress in a healthy and productive way.
- 4. New hiking or outdoor shoes.** Does your mom love the outdoors? Has she been wearing the same pair of muddy shoes for ages? Help her revamp her style with a new pair of kicks this spring. A comfortable pair of shoes makes a huge difference when deciding between staying on the couch or getting outside to get moving.



## ELLIE'S EDITORIAL



Hey there, friends! I've had a great month. It was my birthday *and* my Dad's; you guys probably know him as Brett, your physical therapist. Spring is here — are you excited and ready for all your great outdoor adventures? Staying healthy and active is crucial for us dogs *and* people! If you feel any kind of pain, inflammation, strains, sprains or anything you feel is holding you back from doing things you love, come see me! Don't overlook your dry needling sessions to stay pain-free and keep those tails wagging in the coming months! *Plus, if you refer a buddy, you get a free laser treatment!* Let's make this spring a pawsitively awesome one! — 🐾 Ellie



[www.FYZICAL.com/travelers-rest](http://www.FYZICAL.com/travelers-rest)

