A physical therapist is 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.

Of course, most people only seek physical therapy when they’re suffering from a common injury or condition such as whiplash, tendonitis, low back pain, ligament sprains, and plantar fasciitis. Perhaps lesser known is that chronic pelvic pain and dysfunction, including incontinence, can also respond positively to physical therapy intervention.
Causes Of Incontinence And Chronic 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
• Levator ani syndrome (increased tension in pelvic floor muscles)
• Post-surgical complications (e.g., pain following a hysterectomy, hernia repair, cesarean section, and/or prostatectomy)

Any of these conditions may lead to inadequate support of the organs contained with your pelvic cavity, increased pressure or inflammation of nerves, muscles, and other connective tissues (including your bladder), and impaired pelvic bone alignment. These symptoms can be frustrating, painful, and embarrassing, and may limit your tolerance to daily participation in desired activities, including exercise. Other symptoms frequently appear with pelvic pain, including incontinence, bloating, abdominal pressure, reluctance to strain while defecating, and pain in the low back, buttocks, and hips. You may also have decreased tolerance to a variety of activities including sitting or standing, walking, exercise, and sexual intercourse.

How A Physical Therapist Can Treat Pelvic Pain
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 thorough physical examination and 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.

Common physical therapy treatments may include:
• **Soft tissue mobilization and massage** of internal and external pelvic musculature, to relieve muscle tension and provide pain relief
• **Spinal and sacroiliac joint manipulations** to reset the neurological pathway, relieve pain, and restore normal spinal alignment.
• **Electrical stimulation modalities**, such as neuromuscular electrical stimulation to provide pain relief and restore normal neuromuscular activation of pelvic floor muscles and nerves.
• **Therapeutic exercises** to restore the normal strength, flexibility, and endurance of stabilizing postural muscles in the low back and hips.

Struggling with pelvic pain? Frustrated and concerned about incontinence? For both short-term and long-lasting relief without the need from invasive interventions or medications, consider consulting with a physical therapist today.

Source: http://www.bing.com/search?q=physical+therapy+treatment+of+pelvic+pain&src=IE-TopResult&FORM=IE02&conversationid=
Key Lime Chicken

6 Ingredients
- 3 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon vegetable oil
- 1 teaspoon lime juice
- 1 teaspoon chopped garlic
- 4 skinless, boneless chicken breast halves

Directions
1. In a shallow container, blend soy sauce, honey, vegetable oil, lime juice, and garlic. Place chicken breast halves into the mixture, and turn to coat. Cover, and marinate in the refrigerator at least 30 minutes.

2. Preheat an outdoor grill for high heat.

3. Lightly oil the grill grate. Discard marinade, and grill chicken 6 to 8 minutes on each side, until juices run clear. Garnish with lime slices.

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It’s improved my MS gait!

“I’ve had treatment at OPT, Inc. to relieve myofascial pain from Multiple Sclerosis (MS) and for an unrelated rare condition that makes it extremely painful to sit. The trigger point dry needling and hands on manual therapy OPT, Inc. utilized were pivotal in relieving the MS pain and the pain while sitting. As an added bonus it’s improved my MS gait. I have no doubt the friendly OPT, Inc staff have expertise in pain relief.” - Sharon K.

orthopedicptinc.com

Think PT FIRST

Why You Need To Come In For A Check-Up:

✓ Move without pain
✓ Bend and move freely
✓ Balance confidently & securely
✓ Sit for long periods comfortably
✓ Walk for long distances
✓ Live an active & healthy lifestyle

Take Care Of Your Aches & Pains Before It’s Too Late!

orthopedicptinc.com

“Get Your Life Back Pain Free!”
Understanding Chronic Pelvic Pain

Many experience chronic pelvic pain but have no known cause, causing frustration and even depression. Chronic pelvic pain may be associated with other pelvic conditions including:

• Interstitial cystitis (IC) or painful bladder syndrome
• Endometriosis
• Chronic bladder infections
• Pelvic adhesions or scar tissue from a prior abdominal surgery
• Dysmenorrhea, or painful menstrual cramps
• Levator Ani Syndrome which causes increased tension of the pelvic floor

Working with your urologist, a specially trained physical therapist can perform soft tissue mobilization of pelvic floor muscles as well as relaxation techniques, pelvic floor muscle exercises and suggest exercises to improve poor posture. We can teach you how to correctly do a Kegel, which will help strengthen the pelvic muscles and help to prevent stress incontinence, or leakage with coughing, laughing, sneezing, etc.

Contact Us Today!

Phone: 804.285.0148 Fax: 804.673.6026

orthopedicptinc.com
Eating Right Never Tasted So Good!

You are the most important member of your own health care team, and you are entitled to choose the type of physical therapists you want to see. If you would like to schedule an evaluation with one of our therapists, please call our office for additional details (804) 285-0148. Our therapists are trained to evaluate and treat, as well as refer to an appropriate medical professional if necessary. This allows you as the patient to see a physical therapist first.

In the state of Virginia, patients have the right to see a physical therapist without a physician referral. You may be evaluated and treated for no more than 30 consecutive days, at which time a referral will be necessary.

Key Lime Chicken

1. In a shallow container, blend soy sauce, honey, vegetable oil, lime juice, and garlic. Place chicken breast halves into the mixture, and turn to coat. Cover, and marinate in the refrigerator at least 30 minutes.

2. Preheat an outdoor grill for high heat. Lightly oil the grill grate. Discard marinade, and grill chicken at least 30 minutes. Every 10 minutes, flip chicken over and brush with additional marinade.

3. Lightly oil the grill grate. Discard marinade, and grill chicken for 6 to 8 minutes on each side, until juices run clear. Garnish with lime slices.

Directions

- 4 skinless, boneless chicken breast halves
- 1 teaspoon chopped garlic
- 1 teaspoon lime juice
- 1 tablespoon vegetable oil
- 1 tablespoon honey

6 Ingredients

For more information go to orthopedicptinc.com

Did you know our clinic has its own Facebook & LinkedIn page? Like and follow the pages for the clinic, to see fun photos of clinic activities, stay up-to-date on our happenings and events, and find helpful articles on conditions we treat! We love staying in touch and connected with our patients!

orthopedicptinc.com

Lydia Morris

PT, CMTPT

Understanding Incontinence In Women
Urinary incontinence has a reputation of being something only little old ladies have. But many young people get urinary incontinence. And while more women than men are affected, men can have urinary problems too, especially after prostate surgery. Fortunately, there are many treatments for urinary incontinence.

Behavioral treatment. 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 tell you to limit how much you drink. If you have urge incontinence, in which you get the sudden urge to urinate and can’t always make it to the bathroom in time, your physical therapist may tell you to avoid spicy foods, caffeine, and carbonated drinks, because they can irritate the bladder and make the problem worse. 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, Kegels are combined with biofeedback techniques to help you know if you are doing the exercises properly. For urge incontinence, bladder training, sometimes called bladder retraining, can also help. This involves gradually increasing the interval time between trips to the bathroom, working up to longer and longer intervals between bathroom stops.

Devices and absorbent products. Protective pads and panty liners can help avoid embarrassing situations. A pessary, a plastic device inserted into the vagina, may help prevent urine leakage by supporting the neck of the bladder; it is most useful for stress incontinence.

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 (or leaking with a strong urge on the way to the bathroom). Even periodic incontinence is not something you have to deal with. We can help!