



Health & Wellness

The Newsletter About Your Health And
Caring For Your Body

UNDERSTANDING INCONTINENCE

INSIDE:

- Understanding Incontinence
- Exercise Essential
- How A Physical Therapist Can Treat Pelvic Pain
- Free Workshops



Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body

UNDERSTANDING INCONTINENCE

CALL US TODAY! MISSOURI 573.769.6166

SOUTH CAROLINA 843.536.4888



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!

Incontinence, Chronic Pelvic Pain, & Physical Therapy

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.

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CAUSES OF INCONTINENCE & 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 within 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.

Struggling with pelvic pain? Frustrated and concerned about incontinence? For both short-term and long-lasting relief without the need for 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=IETRO2&conversationid=>



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EXERCISE ESSENTIAL

PELVIC TILT ON FLOOR

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

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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.

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FREE WORKSHOPS

Knee Pain Workshop

May 18th, 2021

6:30 PM | Palmyra, MO

1219 S. Main St.
Palmyra, MO 63461
P: 573.769.6166



Shoulder Pain Workshop

May 18th, 2021

6:30 PM | Florence, SC

2521 S. Cashua Drive
Florence, SC 29501
P: 843.536.4888



How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573-769-6166 • South Carolina 843-536-4888 now to register as we are taking only 25 attendees.

Patient Success Story



"I never thought that Physical Therapy could fix my shoulder. I was leaning more towards surgery, but I am really impressed how I started little by little moving my shoulder and recovering the movements I wasn't able to make, such as dressing up, brushing my hair. Even though you shouldn't sleep with your arm under the pillow, I can now sleep on my shoulder with no pain. I feel very pleased and grateful for the kind and professional treatment that I received at Priority Physical Therapy by all staff, they are the best!"

— Lauren Huggins PT, DPT, Anelisa G. & Brittany Phillips, PTA

LENTIL SALAD WITH SPRING VEGGIES



INGREDIENTS:

- 2 c cooked lentils
 - 3 c spring veggies- your choice of snap peas, english peas, snow peas, green beans, asparagus, radishes or chard
 - 3 tbsp red onion, chopped fine
 - 2 garlic cloves, finely minced
 - ¼ c chopped mint leaves
 - 2 tbsp olive oil
 - 1 lemon, zest and juice
 - salt and pepper to taste
- Optional Yogurt Sauce:**
- 1 c plain thick greek yogurt
 - 1 tablespoon lemon juice
 - 2 tbsp fresh chopped dill
 - 2 garlic cloves finely minced
 - ¼ c teaspoon salt

DIRECTIONS:

Cook the lentils in salted water until tender, but not falling apart. Lightly steam, grill or blanch the veggies. If adding radishes, you can keep those raw and crunchy- (or feel free to grill them). If using chard, finely chop and wilt in a pan with a little olive oil, shallot or garlic, and salt and pepper. Place the lentils, veggies, onion, garlic and mint in a bowl. Toss with the olive oil, lemon zest and juice from ½ a lemon. Season generously with salt, pepper and optional sumac. Adjust lemon, adding more if you like. If it's bland, it most likely needs salt. Make the optional Yogurt Sauce to lather on the bottle of the plate or platter. Mix all the ingredients together in a small bowl. Smear the yogurt sauce on a platter (or individual bowls or plates) then top with lentil salad. Dive in.

Recipe: <https://www.feastingathome.com/lentil-salad-with-spring-veggies/>

Spring Is Here, Spread The Word!

Do you have friends or family who can't:

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

Have your friend call us today for a FREE 15-Minute Screening with a Physical Therapist!

