



NATIONAL

Physical  
Therapy

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



SEE INSIDE FOR A FUN AND  
FESTIVE HOLIDAY RECIPE!



## ARE YOU IN NEED OF *Pelvic Floor Therapy?*

### INSIDE:

- LIVE YOUR MOST ACTIVE LIFESTYLE WITH NATIONAL PT!
- SUCCESS STORIES
- HEALTHY RECIPE

[WWW.NATIONALPHYSICALTHERAPY.COM](http://WWW.NATIONALPHYSICALTHERAPY.COM)



## ARE YOU IN NEED OF PHYSICAL THERAPY FOR

# Pelvic Floor Health?



Are you living with pelvic floor dysfunction or pelvic pain of some sort? Have you struggled with incontinence or increased urgency? At National Physical Therapy, we are experts at helping people find solutions to help you on your path to leading an active lifestyle!

Everyone has a pelvic floor, and learning how to resolve issues can significantly impact your overall well-being. For some, it can be challenging to talk about these types of struggles even as they seriously hinder the way a person goes about their daily routine, and there are several reasons why problems arise.

The good news is that we're here to help you if you're dealing with any problem affecting the pelvic floor or pelvic region, regardless of gender. Our highly trained team of physical therapists uses the most advanced strategies to help alleviate the pain and restore normal function of the bowel, urinary and sexual systems.

Call National Physical Therapy today to request an appointment and learn more about our services!

### WHAT ARE COMMON CONDITIONS AFFECTING 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 integrated with the structures and systems in the pelvic cavity and the rest of the body.

Muscles in the pelvic floor support and provide essential functions to the organs found in the pelvis. This includes ensuring bladder and bowel control as well as normal sexual function. Impairments in any muscle functioning may lead to pain and/or dysfunction.

Impairments typically include the following symptoms:

- Painful menstrual periods
- Irritation/discomfort when urinating and/

or with sexual function

- Urinary incontinence ranging from leaking to complete loss of bladder control
- Increased urgency and/or frequency

It is important to note that addressing an issue when it starts will often lead to a quick resolution and a complete recovery. Too often, people wait, and the impairments progress, leading to more serious conditions like pelvic organ prolapse and chronic pelvic pain.

The normal functioning of the pelvic floor depends on multiple factors and interconnected systems working correctly. The most common factors that affect the pelvic floor include the following:

- Weakened bladder muscles due to pregnancy, childbirth, obesity, and aging
- Physical injury and/or damage to your pelvic floor muscles from childbirth or surgery





# LIVE YOUR MOST ACTIVE LIFESTYLE WITH NATIONAL PT!

- Damage to the pelvic floor nerves from conditions like diabetes or multiple sclerosis
- Enlarged prostate in men
- Types of cancer
- Certain types of medications
- Trauma/abuse (physical, psychological/emotional)

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

## WHAT TO EXPECT AT NATIONAL PHYSICAL THERAPY SESSIONS

Pelvic floor rehabilitation for men and women focuses on improving the strength, endurance, flexibility, and motor control of the pelvic floor muscles. We tailor our programs to the individual using research-backed, comprehensive treatment programs. Our physical therapists at National Physical Therapy specialize in helping people with pelvic floor issues.

Your physical therapist will also identify any mobility deficits, muscle imbalances, or postural dysfunction. 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 and targeted stretches to restore normal strength and endurance



## *Try This Healthy Recipe*

### **Pistachio Star Cookies**

#### **INGREDIENTS:**

- 1/2 tsp. ground cinnamon
- 4 2/3 c. roasted, lightly salted pistachios
- 2 large egg whites
- 1 large egg white
- 3 3/4 c. confectioners' sugar
- 1 c. confectioners' sugar

#### **INSTRUCTIONS:**

In a food processor, grind the pistachios until fine. Add 2 3/4 c of the confectioners' sugar and the cinnamon. Continue pulsing to make a fine powder. Add the egg whites and process until the dough comes together. Preheat the oven to 300°. Line 2 baking sheets with parchment paper. Sprinkle a work surface with the remaining 1 c of confectioners' sugar. Knead the dough on the surface to create a cohesive dough. Roll out the dough until 1/4 in thick. Cut out cookies with a 2-in star cookie cutter. Place the cookies about 1/2 in apart on the pans. Gather the dough scraps, then reroll and cut out more stars. Whisk the egg white in a metal bowl until medium-stiff peaks form. Whisk in the confectioners' sugar, 1 tbsp at a time, until thick and smooth. Transfer the meringue to a piping bag or a zip-top bag. Pipe the meringue on top of the cookies. Bake the cookies for 15 to 17 min. Let cool 5 min on the baking sheets, then transfer to a rack to cool completely.

- Neuro-retraining and biofeedback techniques (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 and proper breathing strategies to relax tense pelvic floor muscles)

Our team will educate you on home exercises and simple movements that you can build into your everyday activities. The goal is to strengthen or relax the pelvic floor muscles and improve bowel, bladder, and sexual functions.

### REQUEST AN APPOINTMENT TODAY!

Pelvic floor rehabilitation at National Physical Therapy focuses on improving your pelvic floor muscles' strength, endurance, flexibility, relaxation, and motor control to ensure you can get back to doing what you love!

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://www.mdpi.com/2075-4426/11/12/1368/htm>
- <https://journals.lww.com/co-obgyn/> <https://pubmed.ncbi.nlm.nih.gov/30137629/>
- [Abstract/2019/12000/Pelvic\\_floor\\_physical\\_therapy\\_in\\_the\\_treatment\\_of.19.aspx](Abstract/2019/12000/Pelvic_floor_physical_therapy_in_the_treatment_of.19.aspx) <https://pubmed.ncbi.nlm.nih.gov/2486854/>

# SUCCESS STORIES

"National Physical Therapy is an excellent place. I was very weak and could not walk right when I first started there. I have come a long way. I don't know what I would do without them.

I would like to say a special thanks to John and Jen, although everyone there is so nice and helpful. What a great team." — **Judy M.**

## TELL US HOW WE DID!

Help us reach more people in our community by leaving us a review! Thank you for your support!



## CALL THE CLINIC NEAREST YOU TO SCHEDULE AN APPOINTMENT, OR SCAN TO BOOK!

- |                                 |                                   |                                  |
|---------------------------------|-----------------------------------|----------------------------------|
| <b>Holbrook</b><br>781-549-9574 | <b>Fall River</b><br>508-928-5368 | <b>Hanover</b><br>781-412-1471   |
| <b>Brockton</b><br>508-928-5117 | <b>Stoughton</b><br>781-412-1594  | <b>Mansfield</b><br>781-412-1280 |



SCAN ME

## HAS YOUR PAIN COME BACK?

- 1 Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing pain.
- 3 Call National Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.

## MONTHLY EXERCISE

### Abdominis Bracing With Pelvic Floor Contraction

2 SETS | 1 REPS | 30 SECOND HOLD

Start by lying on your back with your knees bent. Contract your pelvic floor muscles. Gently draw your belly button in toward your spine to brace your inner abdominal muscles. Hold as directed. Make sure to keep your back straight and do not hold your breath. Continue as directed by your provider.



Choose PT. Choose National Physical Therapy.