

CAROLINA

PRIME
PHYSICAL THERAPY

HEALTH & WELLNESS

NEWSLETTER



How Physical Therapy Helps

PELVIC HEALTH

336.281.9190 • carolinaprimept.com



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 Carolina Prime, 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 Carolina Prime, 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
- 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!

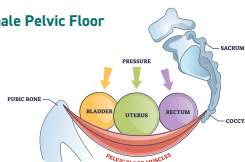
WHAT ARE THE MOST COMMON ISSUES?

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

Female Pelvic Floor



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 Carolina Prime 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 Carolina Prime, 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.

Call today to book an appointment one of our pelvic floor specialists!

336.281.9190

Sources: <https://www.cochrane.library.com/cdsr/doi/10.1002/14651858.CD005454.pub4/full>; https://journals.lww.com/ncr-obgyn/Abstract/2019/12/000/Pelvic_floor_physical_therapy_in_the_treatment_of_19.aspx; <https://www.mdpi.com/2075-4426/11/12/1368/>; <https://pubmed.ncbi.nlm.nih.gov/30137629/>; <https://pubmed.ncbi.nlm.nih.gov/2486854/>

SERVICE SPOTLIGHT

BIOFEEDBACK

Biofeedback is a technique that physical therapists use to evaluate and control different functions of the body. When a patient participates in biofeedback treatments, they are connected to electrical sensors through myoMuscle™ software. These sensors help provide helpful information about the body.

Due to the information received from the sensors, your physical therapist can help you make subtle changes to your body (such as relaxing certain muscles) in order to relieve pain and improve function. Biofeedback helps patients improve their health conditions and physical performance by allowing for new ways to practice body control.



HOW DOES BIOFEEDBACK WORK?

The myoMuscle™ software module features an intricate and sophisticated toolset capable of handling any type of neuromuscular-kinesiological data captures with our Ultium-EMG sensors, as well

continues >>

336.281.9190 • carolinaprimept.com

Biofeedback continued

as any other legacy EMG systems. Real-time data is automatically synchronized in an all-in-one analysis, enabling detailed insight for muscle performance.

There are a variety of biofeedback methods that our physical therapists employ. They may decide to do any combination of these methods, based on the nature of your condition and your overall goals. The different types of biofeedback methods include:

- Muscle contraction
- Heart rate
- Breathing
- Temperature
- Brain waves
- Sweat gland activity

WHO IS A CANDIDATE FOR BIOFEEDBACK?

There are a wide range of conditions that biofeedback can monitor and help treat. These include physical, mental, and emotional conditions, including but not limited to:

- Chronic pain
- Constipation
- High blood pressure
- Side effects of chemotherapy
- Anxiety and stress
- Raynaud's disease
- Fibromyalgia
- Irritable bowel syndrome
- Headaches and migraines
- Tinnitus (ringing in the ears)
- Attention-deficit/hyperactivity disorder (ADHD)
- Temporomandibular joint disorder (TMJ)
- Asthma
- Stroke
- Fecal and urinary incontinence

HOW WILL BIOFEEDBACK BENEFIT ME?

There are several benefits to participating in biofeedback treatments. As a non-invasive way to monitor different aspects of the body and determine where changes in muscle movement should be made, biofeedback can improve function. In many cases, biofeedback treatments can even eliminate the need for harmful drugs or surgical correction, as they provide imperative information on the root of the problem. By doing so, our physical therapists are then able to design specialized treatment plans to treat the issue at its core.

Biofeedback treatments have also been helpful for women who may not be able to take any medications due to pregnancy. The treatments are a safe, natural, and effective way to relieve pain and regain optimum function of your body. Overall, biofeedback treatments are a great way to provide recovery from a large number of conditions by focusing on body control and allowing you to feel more in control of your health.

If you are suffering from a physical, mental, or emotional condition that is limiting your daily life, biofeedback treatments may be for you. Contact our office today to schedule a consultation and discuss how you may benefit from biofeedback. At Carolina Prime Physical Therapy, we are dedicated to improving your health and wellness so you can get back to living your life.

Call today to learn more about biofeedback!

Helping You Live Your Best Life!

Patient Success Story



If the thought of physical therapy intimidates you, just know everyone here is very kind and caring. The entire team has your well-being in mind. Your physical therapist tailors a plan specifically for your needs and schedule. **Everyone here is very understanding and makes you feel very welcome each visit."**

— Kitty B.

REVIEW US!

Your success story could be the inspiration someone else needs to improve their life by seeking PT!



Scan the QR code to go to our Google review page!

Don't let pain keep you from what you love doing!

Come Back to PT!
336.281.9190
carolinaprimept.com

