



Hands on Physical Therapy

Advanced Massage Therapy
Newsletter

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The Role of Physical Therapy and Manual Therapy in Treating Pelvic Floor Dysfunction in Men and Women

"Beyond all doubt the use of the human hand, as a method of reducing human suffering, is the oldest remedy known to man; historically no date can be given for its adoption." (1) John Mennell, M.D. (Highly noted practitioner in the Field of Orthopedic Medicine)

The pelvic floor is a diamond shaped area identified by the pubic bone, the sit bones (ischial tuberosity) and the tail bone (coccyx). The muscles of the pelvic floor form a sling or hammock-like structure and have many diverse functions. They support the abdominal contents (such as bladder, rectum and uterus) and play a major role in maintaining urinary and fecal continence. They also play a role in sexual function- gaining and maintaining penile erection and providing muscle tone to enhance sensation.

Pelvic pain and dysfunction manifests as a Myofascial Pain Syndrome, in which abnormal muscular tension persists. Chronic Pelvic Pain Syndrome (CPPS) in both men and women has been implied throughout the literature to be a hypertonus (high muscle tone) or overuse injury. The state of chronic constriction of pelvic floor muscles creates pain referring trigger points, reduced blood flow, and an inhospitable environment for the nerves, blood vessels and structures (such as digestive and reproductive organs), throughout the pelvic basin. Many cases of CPPS may begin with repeated tightening of the pelvic floor muscles. The initial trigger may be a major stressor such as pregnancy and childbirth, an accident, injury or trauma of any kind or several minor stressors including postural and repeated daily movements. Anxiety is also considered to be a stressor consistent with increased muscular constriction. Our fast paced society contributes to this malady making

longer work hours and less leisure time a norm. Numerous studies have shown that stress and anxiety impairs the healing of wounds, and results in increased inflammation. (2). Poor nutritional habits become contributing factors consistent with an overall decline in good self care.

All of the therapists at Hands on Physical Therapy have received advanced training in techniques specifically for pelvic floor dysfunction (PFD)or chronic pelvic pain syndrome (CPPS). PFD or CPPS include rectal, genital, or abdominal pain. These kinds of conditions can also include urinary frequency, urgency, incontinence and sexual pain and dysfunction. Physical Therapists are uniquely qualified to treat pelvic floor dysfunction with conservative management techniques such as manual therapy, pelvic floor strengthening, bio-feedback, and bladder retraining. Physical Therapy assessment for PFD/CPPS consists of a thorough evaluation of external pelvic floor trigger points, internal pelvic floor muscles, and identification of any postural and structural asymmetries as a contributing factor. Therapy may be external, as in various forms of soft tissue mobilization, muscle training or strengthening. It may also be internal using manual therapy techniques to directly affect the pelvic floor muscles, spine and supporting musculature.

The Orthopedics Section of the American Physical Therapy Association (APTA) offered the following position:

"Manipulative techniques by licensed physical therapists in evaluation and treatment of individuals with musculoskeletal dysfunction has always been an integral component within the scope of practice."

"Manipulation implies a variety of manual techniques which is not exclusive to any specific profession. " (1)



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Internal techniques, most notably Myofascial Release, are applied directly to the pelvic floor musculature. Symptoms are reduced as muscle tone normalizes. Detailed description of fascia and Myofascial Release are prevalent throughout the literature. John F. Barnes, PT, has trained well over 50,000 therapists in the Myofascial Release approach

(www.myofascialrelease.com). According to John Barnes, PT, fascia is a tough connective tissue which spreads throughout the body in a 3 dimensional web from head to foot without interruption including the pelvic floor. It wraps around all of the pelvic organs, blood vessels, nerves, ducts, and surrounding musculature. Fascial restrictions within the pelvic floor can adversely affect all of the pelvic organs, and the adjacent muscular and osseous connections (for example lumbar spine, sacroiliac joints). Shortened fascia will develop cross-links or adhesions which decreases its ability to glide resulting in restriction within the musculoskeletal system as well as limited organ motility.

Some common diagnosis associated with CPPS and PFD are as follows:

In Men:

Prostatitis

In women:

Vulvodynia (vulvar vestibulitis)

In Men and Women:

Interstitial cystitis

Levator ani syndrome

Pudendal nerve entrapment

Sexual dysfunction- dyspareunia,

Erectile Dysfunction (ED)

Incontinence

Pelvic pain

Irritable Bowel Syndrome (IBS)

Other related areas where manual therapy can help are related to female infertility due to adhesions within the pelvic floor. Medical literature notes that mechanical dysfunction (primarily adhesions) is the cause of 40% of all female infertility, and another

20% is idiopathic or unexplained. (3)

Although awareness of the male and female pelvic floor has improved over the years, it is still very common to consider these areas private and difficult to talk about even with your health care providers. Sometimes, symptoms like urinary incontinence and sexual dysfunctions are dismissed as aging or normal aches and pains that have to be tolerated.

Our "hands on", whole body approach focuses on structural and fascial misalignments throughout the body. The pelvic floor is a piece of the puzzle. A piece that is often missed. Talk to your therapist if you are experiencing any of the above symptoms. Adding the pelvic floor piece to the whole body picture can make a huge shift affecting the quality of your life.

Our study of Men's and Women's Health Issues will continue in 2007. Future newsletter article features will be:

March/April-Understanding the Pelvic Floor Muscles

May/June-Incontinence and Pelvic Floor dysfunction

July/August-Sexual Pain Dysfunction in Women

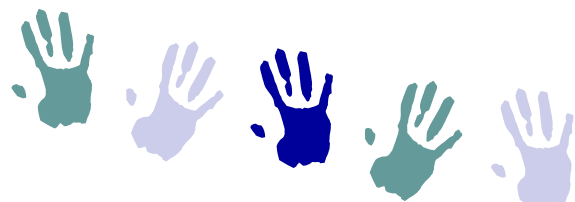
September/October-Sexual Pain Dysfunction in Men

November/December-Interstitial Cystitis

Jody Hendryx, PT

References:

1. Farrell, Joseph P, Johnson,Gail: Manual Therapy: A Critical Assessment of Role in the Profession of Physical Therapy. Physical Therapy 1992;/Vol 72,#12; p11-20.
2. Wise, Anderson: A Headache in the Pelvis: 2006; 4th edition, p107-112
3. Wurn et al; Theoretical Framework:clearpassage.com/science/theory p1-6



Sedona Intensive for 2007

ADVANCED MASSAGE THERAPY



Start off your new year on the right foot. Join us in Sedona, Arizona and see things from a different perspective. Our first Intensive Therapeutic Retreat is February 7-11th. John Barne's Myofascial Healing Seminar is February 8-11th in Sedona. For information on John's Myofas-

cial Healing Seminar, go to www.myofascialrelease.com. Look under "calendar of events".

The ideal surroundings of the Red Rocks and Oak Creek Canyon help to foster an environment of relaxation and inner awareness.

Please contact Tammy if you would like to sign up today or need additional information.

What's New:

HOPT will have a booth at the Austin World Wellness Fair on February 24th and 25th. We will be in booth 170 and will have a 50 minute presentation on "The Role of Physical Therapy for Treatment of Men's and Women's Health" on Sunday at 3pm. Go to www.worldwellness.org to find out more about this incredible event!

HOPT now offers Yoga classes. Yoga classes are currently scheduled through January 11th and have been a big hit. We will be continuing more classes in January. Watch your email for future dates and times.

HOPT will be having our Grand Re Opening on January 10th. Come check out our new facilities! If you know someone who would benefit from our work, have them call to schedule a free introductory Myofascial Release session. This will only be available on January 10th during our Open House Event and there are limited spots. Encourage your friends, family and co-workers to call and schedule now. Everyone is invited to attend a complimentary Myofascial Stretching class from 5-6pm and an Educational Presentation on "The Role of Physical Therapy and Manual Therapy in Treating Pelvic Floor Dysfunction in Men and Women" from 7-8:30pm. Please call to reserve your spot.

We look forward to seeing you there! The entire HOPT staff wishes you a happy, safe and healthful New Year!



Massage Therapy

For the Body, Mind and Spirit!!!

Ring in the New Year right!!! Start a trend of wellness for 2007.

We offer one hour and one and half hour massages that are truly a benefit to each and everyone.

Massages that are available include, but are not limited to, Myofascial Release, Hot Stone, Cranio-Sacral, Swedish and Deep Tissue.

Call today for a gift certificate!!

Love the treatment here at HOPT? Well, now you can learn self help techniques to take home with you! Kristi McGrath, PT, teaches a variety of self treatments such as restorative stretching and body awareness. These techniques will increase your mobility and flexibility and decrease your pain.

Sign up and make your body happy today! Our classes for January and February 2007 are

January 10 @ 5:00-6:00pm ; January 24 @ 4:00-5:00pm

February 7th @ 12:30-1:30pm ; February 21st @ 4:00-5:00pm

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