



NOVEMBER 2021 VOLUME 4 ISSUE 3

Pelvic Health

Introducing Therapy for Pelvic Floor Dysfunction

During our last issue we explored the importance of posture and breathing. Now, we look at the pelvis, which is tied to posture and breathing. The pelvic floor works in tandem with the diaphragm during breathing. When you inhale or take a breath in, the pelvic floor relaxes and stretches, while the diaphragm contracts and moves downward. When you exhale, the pelvic floor contracts slightly, while the diaphragm relaxes and moves upward. Therefore, posture and breathing are important components to a functioning pelvic floor. The pelvic floor is a group of muscles at the base of your core, that play a large role in assisting and maintaining bladder, bowel, and sexual function. The pelvic floor assists in stability of the spine and pelvis.

Pelvic floor dysfunction is a common issue experienced with a neurological injury or condition, but one that often gets overlooked. Signs or symptoms that may suggest a pelvic floor dysfunction include bladder/bowel incontinence, sexual dysfunction/pain, pelvic pain, low back pain, decreased sensation, decreased balance, constipation. Therapists that specialize in pelvic floor can work with you to develop a plan to help manage pelvic floor dysfunction. Pelvic floor rehabilitation is more than just Kegel exercises. In fact, Kegels can work against you if not done properly or if the issue isn't solely lack of strength.

A pelvic floor therapist will assess for pelvic muscle strength and imbalances, endurance, breathing pattern, ability to stabilize core, and muscle control with functional movements. The therapist can offer manual treatment for muscle imbalances and deficits, internal neuromuscular electrical stimulation, biofeedback, spasticity management, recommendations for equipment and adaptive devices, individualized programs for bowel/bladder training, mindfulness techniques, and tips on positioning. The pelvic floor therapist will work with you to create a functional plan to address your needs. If you or someone has experienced challenges with bowel/bladder/sexual function, talk with your doctor about trying pelvic floor therapy.

Life Beyond Barriers Rehabilitation Group has a program for Pelvic Floor Rehabilitation available at the Rockford location.

November is National Bladder Health Awareness Month!

Learning about healthy bladder habits is important to keeping your bladder healthy and strong.

1. Stay hydrated. Drinking half of your body weight in ounces is the general recommendation, but check with your doctor to ensure that is a safe recommendation. Avoid excess caffeine, as that is a bladder irritant.
2. Empty your bladder frequently. Holding your bladder over and over can weaken your bladder and increase risk for infection.
3. Maintain good posture when voiding. Do not hover, as that adds to the pressure on the bladder, not allowing it to fully relax, preventing it from fully emptying, and increasing risk for infection.

What's happening?

OPEN ENROLLMENT 2022: Our Billing Department is working diligently to ensure all health insurance information is up-to-date. If there are any changes to your medical insurance, please contact your LBBRG Clinic immediately and provide the updated information.

To support caregivers, LBBRG continues to host **The Caregiver's Table** meetings in a virtual format. Due to the holidays, the meetings for November and December will fall on the third Wednesday of the month at 4:00 pm. If you would like more information or would like information on how to join the virtual meeting, contact Kyle via email kmedearis@lbbrehab.com or Sara sroach@lbbrehab.com.

LBBRG offers **Parkinson's Wellness Recovery (PWR!)** classes, available on Tuesdays at 4:00 pm in the Rockford clinic. Are you looking for a place to safely continue an exercise program guided by professionals for a low cost? To access the flyer, follow the link <https://lbbrehab.com/community/news/>.

Gratitude is Attitude

Be a part of our Gratitude Project for the month of November. Each clinic has a Gratitude Tree. Think about things that you get to do, write it on a leaf, and stick it anywhere near the tree.

"One of the most profound lessons in gratitude was when I learned to stop saying 'I have to...' and start saying 'I get to...'"

~Amy McCready



What's new?

Welcome Physical Therapists Sarah Hinck to our Traverse City clinic and Alicia DenHerder to our Rockford clinic. We are excited to add these two to our team! Check out our Facebook for their "Behind the Mask" features. www.facebook.com/LBBRG