

# INNER CIRCLE INSIGHTS

## Pelvic Floor Physical Therapy... Why?

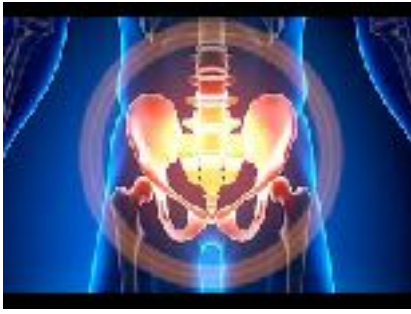
That is a great question... There are many types of pelvic floor dysfunction that stem from muscle imbalances: weak and elongated muscles or shortened and contracted muscles. These imbalances can help to cause dysfunctions include dyspareunia (painful intercourse), incontinence, coccydynia (tailbone pain), prostatitis (prostate inflammation), prostatodynia (prostate pain), infertility, fibromyalgia, painful/sensitive scars, back/hip or leg pain, menstrual dysfunction or pain, failure to orgasm, difficulty with sitting, irritable bowel syndrome, ovulatory pain, blocked fallopian tube, vulvodynia, endometriosis and interstitial cystitis.

Pelvic floor physical therapy addresses these diagnoses with various techniques including neuromuscular re-education of the muscles, manual therapy techniques both internally (if needed) and externally to the musculature. Here at Inner Circle, we utilize the John F. Barnes Myofascial Release Approach to specifically address the restrictions and the lack of blood flow to the pelvic floor muscle. The most common pelvic dysfunctions are:

- **Pre and Post-Partum Patients** – During pregnancy, your hormones increase; causing your muscles to relax. When your muscles relax, this causes difficulties to the sacroiliac joint, low back and pelvic floor muscles. When these muscles are left “as is”, they become weaker, which can cause much of your pain; leaving you with a few options you may not want hear (medicine, surgery or to “live with it”). Our Pelvic Floor Therapists at Inner Circle will show you how to control and coordinate your pelvic floor muscles to prevent incontinence, pelvic organ prolapse and further surgeries in the future.
- **Incontinence** – Often we hear this is a normal sign of aging, but studies and clinical evidence show that this is not true. 17% of women and up to 11% of men, at some point in their life, will experience incontinence. In most of the cases, this is due to pelvic floor muscle weakness. Oftentimes, verbal instruction in Kegel exercises is provided; however, studies have shown that people instructed to do a Kegel exercise verbally perform the exercise incorrectly. Inner Circle Physical Therapist’s guide patients in the correct way to perform a pelvic floor muscle contraction and retrain you on bladder habits.
- **Pelvic Pain** – 15% of woman and 5-10% of men experience pelvic pain. Most women indicate they have increased perineal pressure, pain in the tailbone, vulva or clitoral discomfort/pain, or painful intercourse. Most men indicate they have testicular or penile pain. Inner Circle Therapists specialize in reducing/eliminating all pain including your pelvic pain.

Why is Inner Circle the Place for You?

Inner Circle is a myofascial release facility that is advanced in its evaluation and treatment of female and male pelvic problems. Evaluation consists of a detailed history and assessment of external structures, such as hip rotators, pelvic symmetry, sacrum and coccygeal area. Internal pelvic floor assessment will be



performed if necessary by a female therapist trained in pelvic floor and myofascial release to assess adhesions, scarring and pelvic symmetry. After examination the trained therapist will explain the potential causes of your pain and mechanical forces that affect your pelvis and surrounding tissues. The treatment will address your restrictions



using skilled and advanced “hands on” techniques including myofascial release, acupuncture, muscle energy, strain/counterstrain, mobilization, education and strength training. These skilled practices will attempt to remove the undesirable restrictions and restore normal internal function. No other facility in Bucks County has as much experience with manual therapy, adhesions and pelvic floor dysfunction problems as Inner Circle.

Your increased awareness of these issues will allow you to address your individual intimate issues that greatly impact your quality of life.

Professionally Yours,  
Jennifer Keeny; MSPT, ATC

*For an appointment please call (215) 860-3623*

*“The Natural Force Within Each of Us  
is the Greatest Healer of Disease” – Hippocrates*