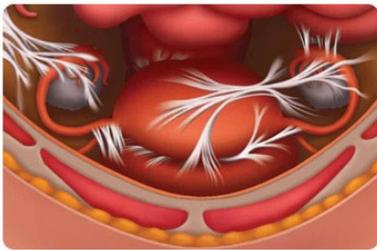


# INNER CIRCLE Insights

## Pelvic Dysfunction & Myofascial Release: The Missing Link

Millions of Americans are suffering from pelvic floor dysfunction, yet for most, the problems go untreated. Both women and Men can suffer from pelvic floor dysfunction but a women's pelvic area is, often-times, more susceptible to a wide range of disorders that require specialized support. A woman's pelvic area is very susceptible to numerous stresses and traumas, which can cause adhesions (areas that are "glued-down") and myofascial pain to manifest. These adhesions can cause or promote many painful dysfunctions as well as inflammatory conditions. Some of the conditions include; pelvic floor pain, infertility, fibromyalgia, coccygeal pain, painful sensitive scars, painful intercourse, back/hip or leg pain, menstrual dysfunction or pain, failure to orgasm, difficulty with sitting, irritable bowel syndrome, ovulatory pain, blocked fallopian tube, incontinence (multiple forms), vulvodynia, endometriosis and interstitial cystitis.

Adhesions form throughout life and can arise from many different events, even when they are not diagnosed. Adhesions can be formed from: weakness from pre/post pregnancy, weight gain, vaginal delivery, cesarean delivery, abortion, abdominal pelvic surgery, pelvic inflammatory disorders (vaginitis, cystitis, colitis bladder infection, endometriosis, appendicitis or gastritis) falls, physical or sexual abuse, and other physical trauma.



No matter what the cause may be, once adhesions are formed they begin to cause pressure on many pain sensitive structures causing both pain and dysfunction to emerge. Further compensation from the adhesions and resultant pain continue the cycle; causing more dysfunction/adhesions to form. Compensation is caused by general activities of daily living including sitting, standing, and walking, as we subconsciously avoid the dysfunction. Over time, these restrictions continue to adhere throughout the pelvic area, vagina, cervix, bladder, reproductive structures, spine, sacrum, pelvis and hips; decreasing movement range of motion, functional

abilities, strength, endurance and normal control of internal bodily functions (i.e. bladder control, menstrual cycle). Diagnostic testing has difficulty seeing restrictions, surgeries save lives but cause additional adhesions, drugs help block pain and improves hormone levels but all of these options do little to address the adhesions and associated problems. In order for that to occur, adhesions must be freed to allow normal and natural functioning.

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 women's health and myofascial release to assess adhesions, scarring and pelvic symmetry. After examination the highly trained therapist will explain the potential of causes of your pain and mechanical forces that affect your pelvis and surrounding tissues. The treatment will address your restrictions using highly 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 woman's health problems as Inner Circle.

Unfortunately, many pelvic problems are not addressed but with medication or surgeries. Meanwhile, the pain and dysfunction continue to persist and the adhesions begin to become stronger and more restrictive. If the problem is addressed early, most will respond favorably. If multiple problems exist and the condition has been persisting for a long time, treatment will require more time but often favorably. Regardless of the time, adhesions and their compensations will continue to form causing more pain and pelvic dysfunction. The time to act is now before these problems become insurmountable. Inner Circle provides effective and comprehensive treatment for many women's health issues.

Professionally yours,  
Timothy M Alloway, MSPT

*For an appointment please call (215) 860-3623  
"The Natural Force Within Each of Us  
is the Greatest Healer of Disease" – Hippocrates*