

# INNER CIRCLE Insights

## URINARY INCONTINENCE

Dear Physicians,

I am writing this letter in hopes that I may help other people suffering from similar health problems.

I am a 45-year-old woman, formerly a registered nurse who has suffered from an “overactive bladder” for about 15 years. My medical history includes 2 C-sections, cholecystectomy and a hysterectomy. Three different urologists have told me that I have two treatment options; bladder retraining (biofeedback) and doing Kegel exercises.

I’ve always felt strongly about taking a proactive role in getting the best health care and I felt I was coming up short with the treatment options offered to me.

Luckily I was referred to Inner Circle Rehab and I was taught how to do a Kegel exercise which I do daily but it was suggested to me that they thought I could be helped by a therapy called myofascial release.

The reasoning and physiology behind myofascial release intrigued me as I was just about losing hope for a fully active life free from concern over where the closest bathroom was. I’ve faithfully been receiving this therapy for two months twice a week and I have been doing my exercises religiously to loosen restrictions that I have in my pelvic and hip area.

I believe that by releasing the fascial over my bladder that I am healthier and am enjoying the newfound freedom from the constant worry of urinary urgency. I feel strongly that many people suffer unnecessarily from this condition and they need to find a lifetime non-pharmaceutical solution to their medical problem.

I feel so fortunate that I was referred to Inner Circle but nobody but my family and I can tell you how wonderful I feel now. Please listen and respond by giving those with similar problems a chance, send them to Inner Circle.

Thank you for listening.

Sincerely,  
*Karen*

I cannot begin to tell you how many times I have heard similar stories. Fascial dysfunction is often the cause of menstrual pain and/or dysfunction, urinary incontinence, back and pelvic pain, endometriosis and other inflammatory disorders. It can cause the unpleasant and/or painful symptoms of pregnancy and childbirth, recurrent bladder pain and infection, painful intercourse, sexual dysfunction, elimination problems, coccygeal pain, painful episiotomy scars and many other common pain disorders. The use of myofascial release by advanced manual therapists can often alleviate or eliminate these problems nontraumatically, nonsurgically and without pharmaceutical intervention.

Please take a moment to envision a 3-dimensional connective tissue, much like a spider web, which serves to provide structure, support and protection to the body from the most internal structures to the external structures. Now take that origin and insertion and twist it and imagine what kind of pressure it would place on everything in between it. Now take that fascia and tighten it around the bladder and it would limit the bladder’s potential to enlarge sufficiently, creating the need to urinate frequently or painfully. This is one example of many common painful disorders that would limit the bladders potential to enlarge sufficiently, creating the need to urinate frequently or painfully.

Fascial dysfunction can be the cause of menstrual pain/and or dysfunction, urinary incontinence, back and pelvic pain, endometriosis and other inflammatory disorders. Not every problem has a fascia origin but a high percentage of people can be helped by these techniques and their proper application. It is my hope that we may help many other patients like this one receive the relief we can provide them. When all test turn out negative, when medication can only help temporarily, think to the fascia think to Inner Circle.

Professionally yours,  
Timothy M. Alloway MSPT