



Staying Active with IC

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Why Exercise?

- Promotes mood-lifting hormones which decrease pain
- Promotes deep breathing, improved digestion & elimination, improved sleep
- Promotes self-esteem, confidence and a sense of control over the body which is often lost with IC



Exercise and IC

- Suggested exercise:
 - Low impact aerobics
 - Walking
 - Yoga, Tai Chi
 - Bicycling and weight training
 - The "Body Recall System"
 - Gentle stretching
 - Kegel exercises



Clothing Considerations

- Choose comfortable/non-restrictive items:
 - Loose clothing (full skirts, loose pants)
 - Avoid belts and clothing which put pressure on the waist and abdomen
 - Cotton underwear
 - Thigh high stockings (cotton)



Footwear Considerations



- The fit of shoes and orthotics dictate your body posture especially when you move
- Wear the right shoes for comfort:
 - shoes that do not turn up at the toe
 - Look for soft rubber soles and slanted heels
 - choose a comfortable arch height
 - lace shoes for your foot type
- Consider cushion inserts if they do not make shoes too tight



Low Impact Aerobics

- Considerations for comfort:
- Flexibility of hip flexor and hamstring muscles
 - Avoid resting body weight back into heels
 - Keep your neck and arms relaxed
 - Small strides
 - Step height 6" or less



Walking

- ❑ Wear the right shoes
- ❑ Avoid resting back into your heels
- ❑ Avoid toxins in the air (high ozone and pollution days)
- ❑ Gently stretch before and after walking particularly hamstrings, hip flexors, calves
- ❑ Perform "brisk walking" in intervals. Too much can strain the lower back and pelvis as more rotation and twisting of the trunk occurs.
- ❑ Keep your neck and arms relaxed
- ❑ Take advantage of pacing-pedometer



Benefits of Walking

- ❑ Strengthen abdominal muscles, low back and legs
- ❑ Helps maintain bone density
- ❑ Raises "good cholesterol" HDL
- ❑ Lowers our blood pressure
- ❑ Regulate body weight (at least 30 minutes most days of the week)



Yoga

- ❑ Many different forms of yoga often referred to as Hatha Yoga
 - ❑ If wishing to try a Hatha class, ask 2 questions: What is the instructors training in yoga? What style? Gentle is preferred.
- Website: www.focalpointyoga.com defines several styles of Hatha yoga.



Yoga con't

- ❑ Encourages deep breathing, relaxation and gentle stretching



There is a Yoga DVD or Video Available on the IC Network website



Tai Chi

- ❑ A Chinese mind-body relaxation exercise
- ❑ 108 exercise sequences are performed in a slow relaxed manner over a 30 minute period
- ❑ Encourages proper body alignment while standing and moving (feet hip width apart and angled out to assist balance and increase range of motion)
- ❑ Encourages diaphragmatic breathing



Bicycling and Weight Training

- ❑ Considerations regarding seat height and design are necessary for cycling activities and weight training.
- ❑ Position modifications may be necessary.
- ❑ Cut out seats may provide better comfort with cycling.



“Body Recall”

- ❑ Developed in 1978 by Dorothy Chrisman of the Berea College Physical Education Department, KY
- ❑ A gentle movement class that will help circulation to all parts of the body without threatening the heart. Participants gain an increased awareness of how their body functions with exercise and flexibility
- ❑ Only specially trained instructors who have attended the course in Berea, KY can teach the classes.



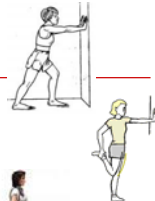
Gentle Stretching

- ❑ Always stretch after your muscles have “warmed up”.
- ❑ Without proper stretching before and after exercise, activity is performed in a tensed pattern which can lead to injury or more pain
- ❑ Stretching after working out reduces the chance of muscle soreness later.
- ❑ Sitting on an exercise pad when stretching elevates you hips higher than your knees allowing more forward movement from your hip joints, not the low back
- ❑ Placing an exercise pad slightly above your waist when stretching on your back will support, lengthen and relax your low back



Suggested Stretches

- ❑ Calf stretch
- ❑ Hamstring stretch
- ❑ Quadriceps stretch
- ❑ Hip flexor stretch
- ❑ Hip adductor stretch
- ❑ Back Flexion stretch



The Interstitial Cystitis Network publishes a book Stretch into a Better Shape, 1990 and also an exercise video, 1993.



Kegel's Exercises

- ❑ Exercises to strengthen the pelvic floor muscles to support the bladder and urethra
- ❑ Especially helpful for stress incontinence
- ❑ Can be used as an urge suppression technique with urge incontinence



Pain Relief Post Exercise

- ❑ Re-hydrate after exercise with non-carbonated bottled water instead of tap water. Chlorine used to disinfect tap water can exacerbate IC symptoms.
- ❑ Place a cold pack or heat pack directly on the perineum.
- ❑ Take a warm sitz bath (with or without Epsom salt)
- ❑ Knees to chest, reclining with spread legs or squatting are post exercise positions of comfort



Resources and References

- ❑ The Interstitial Cystitis Survival Guide-Your Guide to the Latest Treatment Options and Coping Strategies. Robert M. Moldwin, M.D., F.A.C.S., New Harbinger Publications, Inc. 2000
- ❑ A Headache in the Pelvis, 3rd edition. David Wise Ph.D. and Rodney U. Anderson, M.D. 2003
- ❑ Stretch Into Better Shape. Gaye Sandler and Merrilllee Kullman, 1990. Available at IC Network.
- ❑ www.ic-network.com
- ❑ www.bodyrecallinc.org
- ❑ www.ohioyoga.com/columbus
- ❑ www.focalpointyoga.com

