

Physical Therapy and Rehabilitation Update

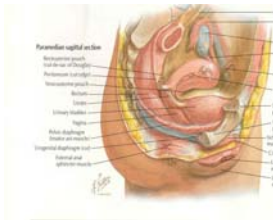
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Physical Therapy

- Musculoskeletal assessment and treatment
- Bowel/bladder function
- Urgency/frequency
- Diet issues/counseling/reinforcement
- Bladder training/voiding function retraining
- Relaxation/stress management

Pelvic Floor Muscles

- Sling attached from pubic bone to sacrum/coccyx
- Support and surround openings to viscera
- Attachments to obturators, piriformis
- Close proximity to abdominals, hip muscles



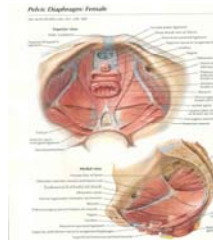
Pelvic Floor Muscles

- Support and surround openings to viscera
- Urinary sphincters

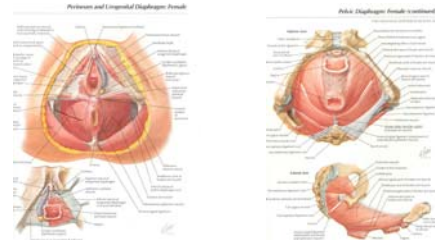


Pelvic Floor / Pelvic Muscles

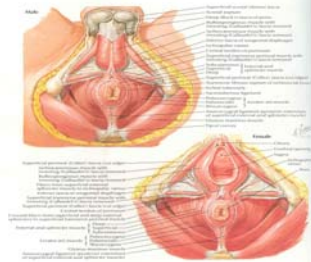
- Obturator and piriformis muscles – external rotators and abductors of the hips
- L5-S5 levels of spinal nerves



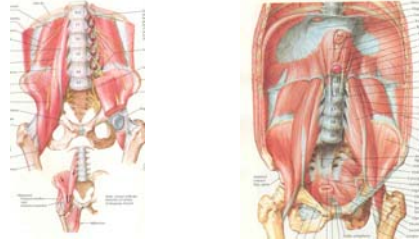
Pelvic Floor Muscles



Pelvic Floor Muscles



Pelvic / Hip / Trunk Muscles

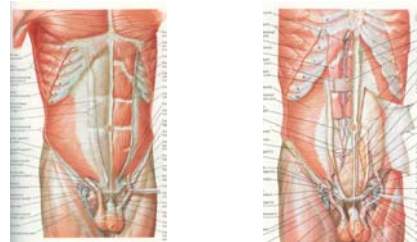


Pelvic / Hip / Trunk Muscles

- Pelvic pain affects length and function of all hip muscles
- Also affects posture, breathing, bowel and bladder function, sexual function, and functional activities

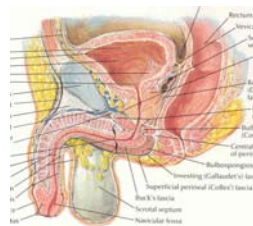


Pelvic / Hip / Trunk Muscles



Physical Therapy Referrals

- Males commonly diagnosed with prostate problems rather than being diagnosed with bladder problems



Physical Therapy Referrals

- A Headache in the Pelvis
- No appreciable difference in treatment of males and females, however new literature has increased the number of males patients referred for musculoskeletal treatment

Physical Therapy Evaluation

- Evaluate sensation, tone, endurance, strength, and trigger points in the pelvic floor, including urethra and base of bladder
- Evaluate hip muscles, abdominal strength and function, posture, breathing patterns, bowel function and straining patterns, and painful intercourse that may be muscle related
- Internal vs. external assessment techniques

Physical Therapy Evaluation

- Pelvic Floor muscle assessment, including sensation, strength, endurance, coordination, trigger points
- Hip and abdominal muscles length, strength and function
- Posture, breathing patterns
- Bowel/bladder emptying patterns, dyspareunia

Physical Therapy Treatment

- Stretching/strengthening exercises
- Myofascial treatments – reduce muscle resting tone, tension/spasm
- Electric muscle stimulation – decrease pain, reduce tension, improve function of muscles
- Surface EMG biofeedback – conscious awareness of muscle tone levels and function
- Relaxation techniques – exercises and conscious relaxation

Locating a Pelvic Floor Physical Therapist

- Not all practices or therapists have internal or pelvic floor assessment skills
- American Physical Therapy Association
Section on Women's Health
www.womenshealthapta.org

Thank You!

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