

Toowoomba Chiropractic Centre

CLINIC HOURS:

Monday	8.00am - 11.00am 2.30pm - 6.00pm
Tuesday	8.00am - 11.00am 2.30pm - 6.00pm
Wednesday	8.00am - 11.00am 2.30pm - 6.00pm
Friday	8.00am - 11.00am 2.30pm - 6.00pm

Chiropractic Treatment For Neck Pain, Back Pain, Headaches, Spinal Rehabilitation.

The Pelvic Floor

The "pelvic floor" refers to a group of muscles that attach to the front, back and sides of the pelvic bone and sacrum (the large fused bone at the bottom of your spine, just above the tailbone). Like a sling or hammock, these muscles support the organs in the pelvis, including the bladder, uterus or prostate, and rectum. They also wrap around your urethra, rectum, and vagina (in women).

Coordinated contracting and relaxing of these muscles controls bowel and bladder functions—the pelvic floor must relax to allow for urination, bowel movements and, in women, sexual intercourse. It is estimated that 1 in 4 women experience women's health problems during their lifetime. This includes problems with their pelvic floor. Many tolerate these problems, often for years, either too embarrassed to seek help or unaware that there are treatments available.

Pelvic Floor weakness occurs when the muscles and tissues supporting the organs (i.e. the pelvic floor) weaken. This can be caused by various issues including neuro-muscular skeletal disorders, chronic low back pain and certain gait (walking) dysfunctions, childbirth, aging, chronic cough, hormonal changes such as menopause, excessive straining due to constipation, constant lifting of heavy objects, obesity and pregnancy. There's a lot of publicity given to incontinence in women during their lifespan but a large percentage of men suffer with urinary control issues too.

So how can Chiropractic help women and men tone and strengthen muscles in the pelvic area?

Your chiropractor will take a thorough medical history and do a full chiropractic and orthopaedic examination to diagnose the condition. The Chiropractor will design a treatment program specifically for you, based on your functional ability levels, aims and goals. Progress is regularly reviewed and treatment programs are modified to help you achieve the best outcome possible.

Treatment can include;

- Adjustments of the sacroiliac joints and pubic symphysis
- Work on the soft tissues (muscles / ligaments)
- Ligament release techniques



- Re-education of pelvic floor and nerve function
- Restoring tone and function of abdominal core muscles
- Patient education.
 - Advice on relaxing the muscles before strengthening the pelvic floor area is important.
 - Maintaining good posture to keep pressure off your bladder and pelvic organs and using stretching or other techniques such as Pilates to avoid tightening and spasms in the other pelvic muscles.
 - Regularly exercise the pelvic floor muscles, including exercises called "Pelvic Clocks" and "Kegels" to strengthen the muscles in the pelvic region. By carrying out a regular exercise program you can train your pelvic floor back to good health.
 - Avoid pushing or straining when urinating.
 - Training in home exercise and therapy.

There's good evidence to show that strengthening your pelvic floor muscles and making some lifestyle changes can reduce or resolve symptoms of a pelvic floor weakness.

S-T-R-E-T-C-H Of The Month

Supine Pelvic Stretch

1. Lie on your back and place the soles of your feet together. Place a folded bath towel beneath your head. Bring your heels as close to your groin as possible. Place your arms at your sides with your palms facing up.
2. Relax your knees as you feel the stretch in your inner thighs and in your groin. Breathe deeply eight to 10 times.
3. Bring your knees up together, and straighten your legs with your knees and feet together. Repeat the exercise one more time.

TOWARDS WELLNESS

Let's Dance

Dancing is a good physical activity, but is also good for our brains as it wakes different parts of the brain and neural pathways.

There are so many different types of dancing, so you can generally choose something you're comfortable with. It is also social, fun and creative and taps into a deeper part of ourselves.



13 Coho Street (Corner of Ipswich and Coho Streets), Toowoomba Qld

Phone: 07 4638 8271

clinic@toowoombachiropractic.com.au

Fax: 07 4638 2082

www.toowoombachiropractic.com.au

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