

Myofascial Releases Eases the Pain of Women's Health Problems

Myofascial Release has been on the forefront of health care for the past two decades particularly in the resolution of complex chronic pain problems. In that time, there has been an increasing number of women reporting problems such as urinary incontinence, pelvic pain, menstrual problems, fibromyalgia, chronic fatigue syndrome, and/or headaches. It is unclear whether this rise in these complaints is due to an increased prevalence or that women are just communicating more about their problems.

Whatever the case may be, it remains clear that the numbers are staggering in terms of the women who are affected by these problems. For instance, in 1996 the US Department of Health and Human Services reported that 13 million Americans are incontinent; 11 million of them are women. One in four women ages 30 to 59 have experienced an episode of urinary incontinence. 16.4 billion dollars is spent each year on incontinence-related care and 1.1 billion dollars is spent yearly on disposable products for incontinent adults.

One of the missions of the Myofascial Release Treatment Center is to turn these numbers around. It is pathetic that the best our healthcare system has to offer incontinent women at large is disposable pads and adult size diapers. Some women undergo pelvic or abdominal surgery to help resolve incontinence, men-

strual, or pain problems often associated with pelvic floor muscle weakness following multiple child births. This solution, however, often puts these same women at risk for developing other pelvic pain problems or reproductive dysfunction because of the scar tissue that forms following surgery.

Myofascial Release has been a tremendous help to women suffering with incontinence and pelvic pain. Myofascial Release techniques specific to the pelvis are helpful in decreasing the restrictions in that area that lead to incontinence and pelvic pain.

The Myofascial system surrounds and interpenetrates every organ, nerve, blood vessel, and duct within the pelvic floor. Trauma, inflammation, surgical scars, and childbirth very commonly tighten the myofascial system around these delicate and pain sensitive structures. Tightness and restriction within the myofascial system can cause or contribute to many women's health issues including but not limited to pelvic floor pain and dysfunction, incontinence, vulvodynia, coccydynia, pelvic adhesion from endometriosis and surgical scars, painful episiotomy scars, interstitial cystitis and pregnancy related back pain and sciatica.

The therapists at the Myofascial Release Center are highly trained in performing techniques specifically geared at

releasing restriction in the pelvic region. In many women, direct myofascial release of the pelvic floor muscles is needed to more effectively release restrictions that are causing incontinence, pelvic pain, menstrual problems, and reproductive dysfunction. Painful or tight episiotomy scars are a common cause of pelvic floor pain and dysfunction and can be effectively treated by the therapist using this highly specialized form of Myofascial Release.

In addition to the various general and specialized myofascial release techniques for women with pelvic pain and incontinence, the therapists at the Myofascial Release Center also address problems with pelvic imbalance and instability that are frequently associated with these problems. Special techniques are utilized to eliminate pelvic torsions and upslips. Patients also learn valuable home self-treatment techniques to ease their pain. Women who have urinary leakage, incontinence and pelvic floor pain also participate in a pelvic floor muscle re-education program using specialized pelvic biofeedback units.

Women with pelvic pain, urinary incontinence, urinary frequency, and menstrual problems are encouraged to contact the therapists at the Myofascial Release Center with ar



questions at 1-800-FASCIAL or
www.MyofascialRelease.com
to return to a better
life.