



Spring 2022

# MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness  
Newsletter*



*Inside the Issue*



**Are you experiencing pelvic pain?**



**What you need to know about injuries**



**Spring Cleaning: Do's and Don't's**

## MEET OUR TEAM

Sarah was born in Turlock, California. She was an active youth and participated in multiple sports such as volleyball, basketball, and track & field. She is married to Josh and has 2 adorable boys. She loves spending time doing active things with her family. They love to hike, jump and be outside. Her role model has always been her mom because "she is good at everything." Sarah loves sushi, sweet over salty, the colors purple and green, and loves music that she can sing to.

She graduated with a business degree and then realized she didn't like that field. After a car accident, she was introduced to physical therapy and knew that is what she wanted to study. She graduated from ISU in 2019 and specializes in pelvic floor physical therapy. She loves teaching her patients about their bodies and how to use movement and exercise as a way to heal.



**Sarah Cairns, DPT**



Did you know we can do a yearly check to evaluate your balance and strength?

## ARE YOU EXPERIENCING PELVIC PAIN?

If you have pain below your belly button and above your legs, it counts as pelvic pain. Pelvic pain can happen in both men and women and might stem from infections, abnormalities in internal organs, or pain from the pelvic muscles. In women, pelvic pain might be related to the reproductive system. In men, it can be related to prostate health or genital discomfort. Did you know that physical therapists can help with pelvic pain?

### What are the symptoms related to pelvic pain/dysfunction?

- Menstrual cramps and/or pain
- Vaginal bleeding, spotting, or discharge
- Painful, difficult, or frequent urination
- Constipation or diarrhea
- Bloating or gas
- Blood seen with a bowel movement
- Pain during intercourse
- Fever or chills
- Pain in the hip, groin, anus or abdomen area
- Difficult to get and maintain an erection
- Difficulty sitting for long periods of time

### How is pelvic pain treated?

The treatment of pelvic pain varies by what the cause is, how intense the pain is, and how often the pain occurs. Sometimes pelvic pain is treated with medicines or surgery. Our team treats pelvic pain with pelvic floor physical therapy.

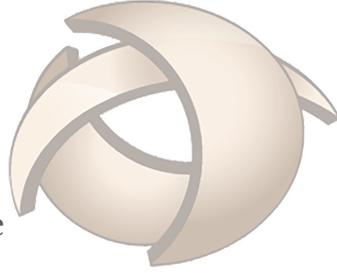
Pelvic floor physical therapy addresses problems with the pelvic floor, a bowl-shaped group of muscles inside the pelvis that supports the bladder, bowel, rectum, and uterus. Pelvic pain sometimes occurs when muscles of the pelvic floor are too tight, causing muscle irritation and muscular pain, known as myofascial pain. To treat myofascial pain, a specially trained physical therapist uses her hands to perform external and internal manipulations of the pelvic floor muscles. Relaxing contracted and shortened muscles can help alleviate pain in the pelvic floor, just as it would in other muscles in the body. Our therapists also teach breathing techniques, muscle strengthening and relaxing exercises to help decrease the pain you feel.

Call us and schedule an appointment if you are experiencing pain!

# CONDITIONS WE TREAT

*Athletic Injuries • Work-Related Injuries • Motor Vehicle Accident Injuries • Pre-Surgical Patients • Post-Surgical Patients • Pain Management • Accidental Injuries*

- Back
- Elbow, Wrist, and Hand
- Foot and Ankle
- Head and Neck
- Hip
- Knee, Balance and Walking
- Pelvic Floor and Incontinence
- Shoulder



## WHAT YOU NEED TO KNOW ABOUT INJURIES?

Most injuries can be broken down into three main categories: Acute, Overuse, and Chronic. From the time of the injury through recovery, our team has the know-how and experience to get rid of your pain.

- 1.) **ACUTE:** Usually a result of a single traumatic event within the last five days. Examples: fractures, sprains, dislocations, muscle strains.
- 2.) **OVERUSE:** Subtle and occur over time, making them challenging to diagnose and treat. Examples: swimmer's shoulder, runner/jumpers knee, tennis elbow, Achilles tendonitis, shin splints.
- 3.) **CHRONIC:** Usually has lasted at least three months or more.

### COMMON CAUSES OF INJURIES:

- Improper training and technique
- Incorrect equipment fitting and support
- Anatomic or biomechanical issues
- Catastrophic event or accident

### OVERUSE INJURIES AND BURNOUT

Did you know that 50% of all sports injuries to athletes are a result of overuse? We as adults, also incur overuse injuries when we perform repetitious tasks at work, working out, or in our daily chores.

Overuse/overtraining injuries and burnout are major problems for adolescent athletes. Whether an athlete or not, sufficient recovery time is essential between activities so our bodies can heal and rest.

#### Typical burnout signs:

- Pain during or after activity or while at rest
- Lack of enthusiasm for activities

#### Prevent overuse injuries and burnout with these simple tips:

- Allow time for proper warm-up and cool-down routines
- Rest 1-2 days per week or engage in another activity
- Focus on strength, conditioning, or cross-training during the "off-season"

Physical therapists are movement experts and can help evaluate your technique. If you are experiencing pain, or have already had an injury, don't wait to talk to your physical therapist. The faster you ask for help, the faster you can get back to doing what YOU LOVE. Contact us if you're looking for help preventing or recovering from an injury.

# SPRING CLEANING: DO'S AND DON'TS

It's that time of year for cleaning out the cobwebs, de-cluttering, and de-junking our homes. Did you know that the greatest risk of injury we face is in our own homes? Muscle strains to home falls are just a few things that could go wrong but we've compiled a list of tips to help you minimize injury. Follow these spring cleaning safety tips to have a safe and productive spring cleaning!

- 1. *Do not rush because you are tired or in a hurry.*

This is really the most basic spring cleaning safety tip. Spring cleaning can be tiring work. Do not forget safety even if you have worked hard all day and want to get done. The better thing to do when you are exhausted is to stop and take a break, drink a glass of water, sit under a nice cool fan, and rest instead of being unsafe.

- 2. *Be careful moving large pieces of furniture and appliances.*

Use proper lifting technique, keeping your back straight and lifting with your legs. Also, wear shoes when moving heavy items so you don't hurt your toes. Finally, if you feel it is just too heavy and you can't find someone else to do it for you, just don't move it. It won't be the end of the world to just clean around it.

- 3. *Be safe while on ladders and step stools.*

When doing a task, such as washing windows, where you need to be on a ladder use extreme caution. Do not lean too far to either side. A good rule of thumb is that your belly button should not go beyond the sides of the ladder. Having someone hold the ladder is a good rule of thumb.

- 4. *Be careful when walking on wet surfaces.*

This spring cleaning safety tip is really important every time you clean your floors. Everyone knows how easy it is to slip on a wet floor. Make sure you take the proper precautions and let your family know you will be mopping and to stay off the floors for a moment while they dry.

- 5. *Keep stairs, landings, and walkways clear of boxes, bags and other clutter.*

Spring cleaning is a great time to de-clutter your home, but you need to make sure all the boxes and bags of stuff you are getting rid of don't cause a safety concern. Make sure you place them outside walkways and especially away from steps and stairs where someone may trip on them.

- 6. *Don't carry too much stuff at once, especially on stairs.*

During spring cleaning you will also probably go up and down your stairs a lot carrying things if you live in a home with stairs. Make sure you keep a hand free to hold onto the stair railing. Also, whether you have stairs or not, always make sure you can see over the load you are carrying so you do not trip.



## LET'S GET SOCIAL

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