



Summer 2022

MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness
Newsletter*



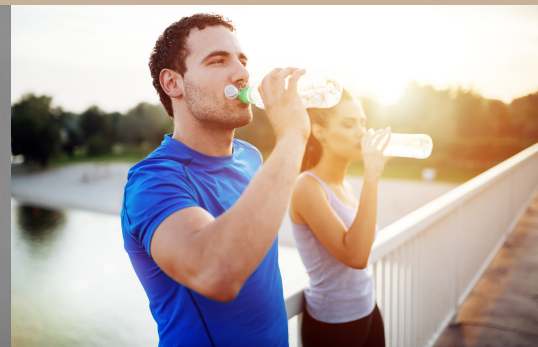
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**Breathing and your
Pelvic Floor**



Sciatica Pain



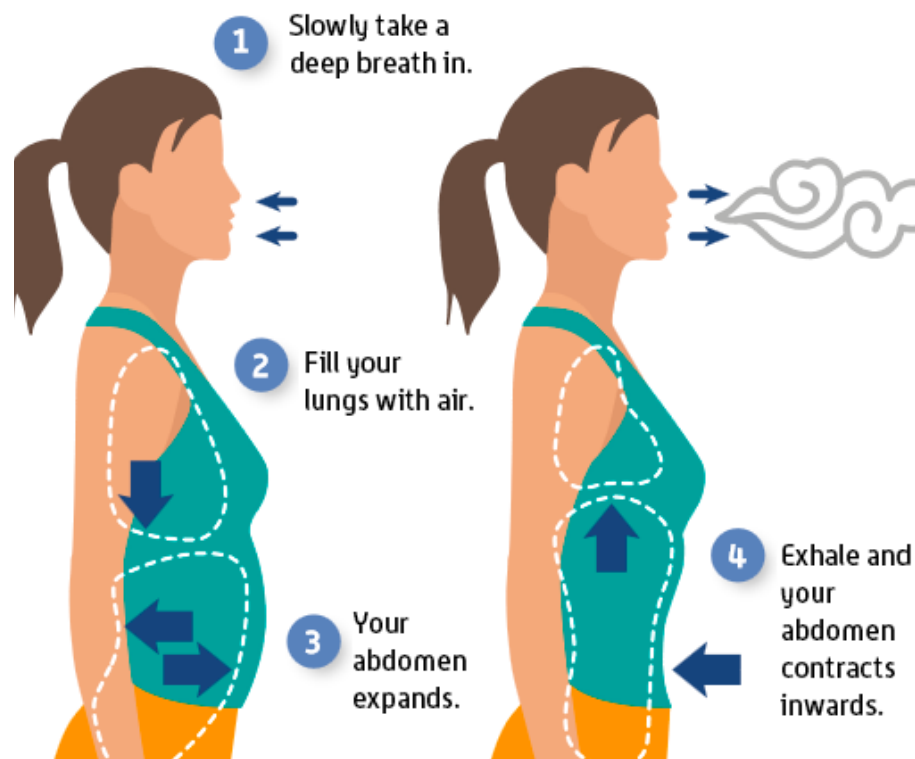
Hydration

MEET OUR TEAM

Kylie was born and raised in Sparks, NV. She was exposed to physical therapy at a young age when she injured her knee and her love for PT grew from there. She was a very active kid with soccer, basketball, softball, and dance. She graduated from ISU with a Massage Therapy degree in 2012. Then she continued on to complete her PTA degree in 2015. Kylie took a 4-year break from PT to raise her two little boys and grow her massage therapy practice. Kylie loves the outdoors going camping/Jeeping and gardening. She also loves to go to discovery museums, trampoline parks, and play with her dogs, Dexter and Josie. Kylie is a crafting enthusiast and spends a lot of spare time making fun projects. She loves the color mint/teal because it's relaxing and also refreshing. She learned to work hard from her parents' example and take care of those around her.



Kylie Dunder, PTA



Did you know MEN perform Kegels too for pelvic floor function?

DIAPHRAGMATIC BREATHING

Breathing is something you probably don't give much thought to, but just because it happens more or less automatically doesn't mean you're doing it right. And by 'right' we mean in a way that supports the health of your core abdominal muscles - and this includes your pelvic floor muscles! Because breathing isn't just essential to keeping us alive, it can have a major impact on the health of our pelvic floor muscle function.

If part of the team is not working correctly because of pain, weakness, tightness, scar tissue, stress, posture, bad habits — or because your breathing pattern or technique is less than ideal — pelvic floor dysfunction can occur. So, the relationship between pelvic floor health and the ability to breathe well is really important. Coordinating your breath with your muscle control isn't just for yoga or weight lifting, it's essential to maintaining a healthy pelvic floor. Therefore, one of the first things Sarah assesses and teaches in her pelvic floor physical therapy appointments is breathing techniques. So what is diaphragmatic breathing?

Diaphragmatic breathing, or "belly breathing," involves fully engaging the stomach, abdominal muscles, and diaphragm when breathing. This means actively pulling the diaphragm down with each inward breath while your abdomen expands and then contracts as you exhale.

Health Benefits of Diaphragmatic Breathing

1. Drug-free approach to stress and pain management.
2. Improves lung function: increasing how much oxygen is in your blood.
3. Improves cognitive function.
4. Lowers cortisol levels.
5. Lowers blood pressure and heart rate.
6. Helps you relax.
7. Improves muscle function during exercises and prevents strain.
8. Makes it easier for your body to release gas waste from your lungs.

It might sound silly to practice breathing when you come to PT but we have found it benefits our patients to know how to breathe correctly, especially when your pelvic floor is involved.

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

HYDRATION...WHY IS IT SO IMPORTANT?

Plain and simple, most people don't get enough water. Living in a dehydrated state has many negative effects on your body including low energy, low blood pressure, and headaches. Your body can't function at its optimal level when it's not properly hydrated. Your cells need water and it's recommended that you drink about half your body weight in ounces per day. Strive for your urine to be a light shade of yellow or close to clear to assess if you are hydrated.

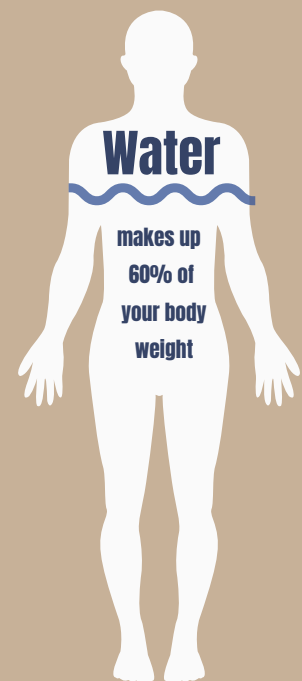
If you have ever received PT or a massage you will notice your therapist will often tell you to drink water and stay hydrated following your treatment. There are several reasons why this is important:

1. Soft tissue work and exercise are dehydrating. Working muscles get fluids pumping out of the soft tissue and into your circulatory system where it heads towards your kidneys. So drinking water after PT will help replenish those muscles, reducing pain and soreness to set in following your appointment.
2. Metabolic waste is produced by muscles in the course of everyday function. When muscles are tight or you have discomforting knots it constricts circulation to those areas, inhibiting the body's ability to flush out this waste. Since you're coming for therapy your body probably has tight and sore muscles so you already have compromised circulation happening. Soft tissue work or stretching relaxes the tension, releasing the circulatory pathways and allowing waste to dump into the system. Drinking water provides your kidneys with the fluid they need to effectively eliminate the newly liberated waste.
3. If you are participating in pelvic floor physical therapy, your therapist could have you keep a food/drink diary to see what could be irritating your bladder. Drinking water assists with cleansing the bladder of irritants consumed in the form of foods and beverages. It also can help improve constipation symptoms. If you are struggling with frequency issues, most times we think drink less and symptoms will improve but this is actually incorrect. Drinking more is the answer!

Have I convinced you yet to hit your water intake goals? Water is always a good idea for keeping your body functioning at its optimum level. Aim for drinking 16 ounces of water first thing in the morning and then spread out your water intake equally throughout the day!

OUR SPECIALITIES

- Aquatic Therapy
- Auto Injury
- Biofeedback
- Electrical Stimulation
- Fascial Distortion Model (FDM)
- IASTM- Instrument Assisted Soft Tissue Mobilization
- Joint Mobilization
- Manual Therapy
- Myofascial Release
- Pelvic Floor Therapy
- Therapeutic Exercises
- Ultrasound
- Vestibular Therapy
- Worker's Compensation





WHAT CAUSES SCIATICA PAIN?

There can be several different causes of sciatic pain including: injury, pregnancy, piriformis syndrome, spinal stenosis, lumbar arthritis, and degenerative disc disease, SI dysfunction, and disc protrusion or herniation. Sciatic pain often interferes with being able to sit or stand for long periods of time, walking, and your ability to move between positions.

5 TIPS FOR SCIATICA PAIN

- Avoid bending and twisting at the waist: this can cause more irritation of the nerve
- Avoid lifting heavy objects and use proper body mechanics: lifting can increase your back pain if not being performed properly (flat back, squatting, and lifting with the legs)
- Ice 15 minutes to the low back and buttock area several times per day: give yourself at least an hour between sessions; you can alternate between heat and ice but ice is more beneficial
- Sleep with a pillow between the knees or under your knees depending on your position: make sure the pillow is not too large that it is uncomfortable for your hips; this helps reduce stretch on the muscles and nerve
- Perform stretches of the low back, hip, and sciatic nerve four times per day (hold the stretches for 30 seconds or to your tolerance); including:
 - a. **Piriformis stretch**– cross the affected leg over the other and pull up at the knee towards the opposite shoulder; you should feel a stretch across your buttock
 - b. **Single knee to chest**– it is good to perform this stretch on both sides; pull the knee towards the chest; a stretch may be felt in the low back
 - c. **Double knee to chest**– pull both knees towards your chest; a greater stretch will be felt with both knees compared to the single knee to chest
 - d. **Hamstring stretch with nerve glide**– hold behind the knee and slowly straighten the leg; a stretch should be felt behind the knee and along the back of the thigh; after holding for 30 seconds before several gentle straightening/bending without the hold to stretch the sciatic nerve



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