



Fall 2022

MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness
Newsletter*

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MEET OUR TEAM

Leah was born in Brighton, Michigan, and is one of 10 children. She and her husband moved to Blackfoot, Idaho 8 months ago. She loves the closeness to different parks and fun places to go. They love to go camping, hiking, skiing, and fishing. Her favorite color is blue because it reminds her of home and water. Leah is one of 10 children and believe it or not they ALL get along. She misses her weekly Sunday dinners with her family. She loves to cook and bake. Her dream home would have a big kitchen on some land. She is a foodie at heart and especially a lover of sweet things.

Her dad is her role model because he always demonstrated hard work to her as a child. He taught her that she could do anything as long as she was willing to work for it. We definitely benefit at Meadowland Therapy because of her strong work ethic. Welcome to our team!!



Leah Bjorn, PTA



The calendar year is coming to an end... so if you have met your *deductibles*, NOW might be the time to come to PT for that nagging pain or discomfort.



PELVIC FLOOR PHYSICAL THERAPY AND POSTPARTUM?

"Pelvic floor muscles take time to get back to their usual state after giving birth. When you're pregnant the hormone 'relaxin' is released throughout your body. This softens the tissues – allowing them to expand as your baby grows and stretches during the delivery. It also allows your pelvic floor to stretch during birth. The softening effect of relaxin and the increasing weight of your baby places pressure on your pelvic floor muscles. This can make it harder for the muscles to hold your pelvic floor organs in their correct position. The pelvic floor muscles and ligaments are also stretched at birth.

If you have recently had a baby, it is important to reduce the strain on your pelvic floor muscles (especially in the first few months) to help them to recover. Some easy ways to do this include:

- easing back into exercise, and making sure your exercise program is pelvic floor friendly
- not lifting unless absolutely necessary
- bracing before you lift, sneeze or cough

It is also important to look out for common signs of a pelvic floor problem, which may include:

- accidentally leaking urine when you exercise, laugh, cough, or sneeze
- finding it difficult to empty or losing control of your bladder or bowel
- accidentally passing wind
- a prolapse (this may be felt as a bulge in the vagina or a feeling of heaviness, discomfort, pulling, dragging, or dropping)

Some steps women can take to support recovery after birth is seeing a pelvic floor physical therapist. They treat anything from diastasis recti to urinary incontinence or pain with sex. They can also work on any scars from a c-section, episiotomy or perineal tears from delivery, and teach you how to work on the scars at home. Therapists also work with you to achieve good pelvic floor muscle tone.

Pelvic floor muscle exercises are important during pregnancy and childbirth. They are also important after you have a baby and you should always take special care of these muscles. Otherwise, we see other problems persist if left neglected.

Pelvic health physical therapy is a vital part of recovery in the postpartum period. It can aid in muscle control, tissue repair, and help heal internal portions of cesarean section scars. However, many mothers lack access to and awareness of the benefits of pelvic health physical therapy. Are you aware that little ole Pocatello has a pelvic floor physical therapist? Meadowland Therapy has been practicing pelvic floor physical therapy for over 10 years. Give us a call today if you need some help!

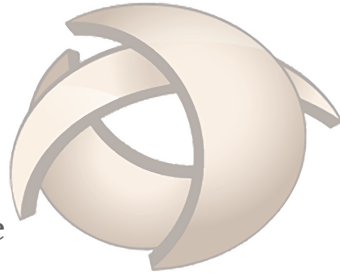
*APTA pelvic health

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



ARE YOU LIVING WITH KNEE OR HIP PAIN?

Your hips, knees, and lower legs are tough because they have to be. The hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. However, we're all still human, and unfortunately, injuries and conditions do happen and can cause pain symptoms to flare up. Hip and knee pain are two of the most commonly experienced pains identified in an adult joint pain reporting survey done by the Centers for Disease Control. If you're experiencing hip, knee, or leg pain, let's examine the pain itself and consider possible reasons for it occurring.

Common causes of hip, knee, and leg pain

The Mayo Clinic has pinpointed several leading causes of hip, knee, and leg pain. While many causes exist, the most common causes are:

- Arthritis • Dislocation • Hip fracture • Sprains and strains • Tendonitis • Pinched nerves • Osteoporosis • Cancer • Bursitis • Runner's Knee • Postural/alignment issues

The risk of many of these injuries can be reduced by incorporating a strength program into your training. Did you know a physical therapist can often tell the cause of your hip or knee pain from its location alone? For example, pain along the inside of the hip is more likely to be caused by a problem with the bones or cartilage. Pain along the outer side is typically caused by a problem in the muscles, tendons, or ligaments. Whatever the cause of your hip and knee pain, if you are experiencing it regularly, you need to find a way to manage it.

How can a PT help with your knee and hip pain?

They are movement experts and know a wide variety of treatment methods to provide relief from these types of pain such as:

- Assess your range of motion and strength levels
- Assess and examine your gait
- Determine any abnormalities

After the cause has been identified, then your PT can make a customized treatment plan for you that might include:

- Targeted exercises and stretches: These stretches and exercises are designed to make you stronger and improve your range of motion.
- Heat and cold therapy: A PT will know which type, ice or heat, will work best for the type of pain you're experiencing. They can also teach you when to use one of these methods for pain relief at home.

KNEE OR HIP PAIN CONTINUED....

- Movement Education: They can also teach you specific ways to move your body during various activities(e.g., getting in and out of bed, going up and down stairs, walking, playing a sport, etc.) in order to improve your body mechanics and minimize pain.

Are you ready to start living a pain-free lifestyle?

There's no reason you need to continue suffering from hip or knee pain. Your life can be as enjoyable as it once was with the help of one of our physical therapists. Don't waste time, contact us to schedule an appointment!

THANK YOU FOR YOUR SUPPORT & DONATIONS TO BENNY'S PANTRY!

Every year, we come together with other healthcare companies and participate in a food drive for Benny's Pantry at Idaho State University. Every year leading up to homecoming week we have donation boxes for non-perishable food and personal hygiene items at our facilities. Our goal has been to fill the ISU truck with food to take back to their pantry. We have been successful 3 years in a row! We have the best patients and employees who sacrifice for others. Thank you for participating with us to supply food to college students in need. We love showing our Bengal pride with some of our fellow community members! Go Bengals! We love ISU!



LET'S GET SOCIAL

For news and tips for healthy living from your favorite physical therapists, follow us on social media.



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shorturl.at/luyB6



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