



Winter 2023

MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness
Newsletter*



Inside the Issue



Regulating a Healthy Bowel



Soreness vs. Pain

MEET OUR TEAM

Stephanie was born and raised in Utah. She moved to Pocatello 20 years ago with her family when her husband transferred to ISU! Pocatello has become home to her and her family. She has 4 children, 2 boys and 2 girls, and a Goldendoodle. They are the joy of her life! You can catch her cheering them on at their sporting and dance events.

Stephanie has a degree in Business and deals with all things marketing for our clinic.

She loves the outdoors; hiking, backpacking, and road biking, but mostly being in the warm sun. The sunsets and fall in Pocatello are unreal and she loves seeing the beautiful colors. That is what keeps her staying here because she doesn't love the long winter months.

She loves to gather her friends and family and spoil them with good food. She is a foodie all the way and especially loves to bake yummy treats.



Stephanie Richards



Did you
know
physical
therapy can
help you
poop?

REGULATING A HEALTHY BOWEL

If you are experiencing hemorrhoids often, straining and bearing down often to have a bowel movement (BM), can't control your urgency to have a BM, or passing gas at moments you can't control (i.e. when walking or when moving from sitting to standing position), and/or experiencing any form of incontinence, you might be a good candidate for some pelvic floor physical therapy. Sarah Cairns, our pelvic floor physical therapist, sees both male and female patients with urinary and bowel incontinence. We get questions from patients about having healthy, regular bowels so we wanted to share some practical tips.

The ideal frequency is up for debate. Our frequency goal for patients is a consistent schedule with ease and no straining. Bowel movements should be soft and easy to pass, with no pain, straining, or stool leakage. Establish a healthy bowel routine by checking in with yourself to see if you are doing some of these tips. If not, can you improve a few of the following?

Tips for good bowel health

- Go when your bowel is most active (first thing in the morning and after meals) and when you feel the urge.
- Eat a healthy diet including foods high in fiber such as whole grains, fruits, and vegetables.
- Cut out irritating foods such as caffeine, dairy, processed meats, sugar, carbonated beverages, and artificial sweeteners.
- Drink 8 glasses of water daily.
- Eat regularly and don't skip meals. The bowel functions best when it is introduced food at the same regular intervals.
- Get active to help move food through the digestive tract.
- Allow enough time on the toilet so you don't need to rush or strain.
- Use the best position for emptying your bowels: lean forward, with a straight back, forearms on your thighs, and feet slightly raised if possible (you may find a footstool helpful).
- Do not hold your breath while trying.
- Be aware of your bowel habits so you notice when something changes.
- Maintain a healthy weight and don't smoke because obesity and smoking are associated with an increase in the risk of bowel cancer.

If you are experiencing any pain, consistency changes, and/or are infrequent or difficult to pass, give us a call! We can help teach you techniques to improve your overall bowel health, which improves your quality of life!

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

SORENESS VS PAIN:

What's the difference?

As you start/continue your exercise program, here are a few tips to tell the difference between pain and soreness. There are many benefits to exercise. Physical activity benefits your physical, mental, and social health. Exercise improves sleep and helps you maintain strong muscles and bones. It also helps prevent or improve many chronic conditions, such as heart disease, diabetes, obesity, depression, and some cancers.

When you exercise, you are putting healthy stress on your heart, lungs, muscles, and bones to gain strength or endurance. This good stress can cause normal muscle soreness and fatigue. Short-term muscle soreness is a healthy and expected result of exercise.

The good news is that normal soreness after a workout is not a cause for concern. Normal muscle soreness and fatigue peak between 24 and 72 hours after a muscle-stressing activity. It should go away on its own after a few days. But pain or discomfort that lasts may mean you have an injury.

Here's how to tell the difference between muscle soreness and pain, plus some tips for managing both. See our chart on the next page.

Muscle Soreness

Exercise soreness sometimes results from starting to use muscles that you have not used stressfully in a long time. This soreness is a result of small, unharmed "tearing/stress" on these unused muscle fibers. As the body repairs these small tears, muscles become stronger. Short-term muscle soreness is a healthy and expected result of exercise.

What To Do if You Have Muscle Soreness

During the recovery period, while you have soreness, it is important to:

1. *Give the muscles you worked time to recover.* You are more likely to get injured if you continue with the same intensity and type of exercise too soon.
2. *Stay active and keep moving until the soreness decreases or goes away.* Often improves with easy stretching and light movement. Total rest can increase soreness so while you recover, consider doing a different exercise. Or do your activity at a lower intensity or for less time during the first few days of soreness.

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



SORENESS VS PAIN CONT....



Muscle Soreness vs. Pain Chart: At a Glance

	<u>Muscle Soreness</u>	<u>Pain</u>
Soreness or Pain	Muscles are tender to touch, tired or you have a burning feeling while exercising. Your muscles may feel a dull ache, tight, and achy feeling when you try to use them. This may also be present at rest but is more common when you try to use them.	Pain causes an ache or sharp pain at rest or when exercising. May be more constant than muscle soreness.
Onset	During exercise or 24-72 hours of activity	During exercise or within 24 hours of activity
Duration	Two to three days	May not go away without treatment

3. Vary your activities.

Work your legs, arms, and whole body on alternate days. This will help you keep moving and strengthen other muscles while allowing the sore ones to rest.

What To Do if You Have Pain

1. *Stop any painful activities and change what you do.* Ice can provide short-term relief for pain caused by inflammation.
2. *Don't push through the pain.* Pushing through pain can cause the problem to get worse and lead to further injury.
3. *Seek help from a healthcare provider.* If you have pain that doesn't go away, even after 7 to 10 days, see your doctor or physical therapist for an evaluation and treatment.

How To Make Progress

Your body needs to do more than usual to make physical improvements. But you should make sure to increase your physical activity and exercise safely and slowly over time.

Each person has a different capacity to do sports and exercise. When you stay within a safe activity threshold, you should only experience normal muscle soreness. Our physical therapists can assess your strengths and weaknesses and if you have pain they can help get to the root of it.

<https://www.choosept.com/health-tips/soreness-vs-pain-whats-difference>

LET'S GET SOCIAL

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



facebook.com/meadowlandtherapy



instagram.com/meadowlandtherapy ***New Platform



shorturl.at/luyB6



MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

1033 W. Quinn Road
Pocatello, ID 83201

(208) 233-4800
(208) 233-4887 fax

www.meadowlandtherapy.com