



MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness
Newsletter*



Inside the Issue



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MEET OUR TEAM

Stephanie is our office manager so not all of our patients see her, but she works hard to keep our office running smoothly.

She was born in Germany, grew up in North Carolina, and has lived in Pocatello for 21 years. It is home now, and she loves that she can get anywhere in town in 15 minutes or less.

She loves the color yellow because it is bright and cheerful. She also loves pizza, Samoa cookies, jigsaw puzzles, and occasionally getting lost in a book series. Her favorite form of movement is to take a walk-in nature. She would love to go to Africa and go on a safari trip.

Her mom is her role model because she is optimistic and emotionally strong. She also wants the best for others and Stephanie has loved watching this trait in her mother.



Stephanie Lemon

CONSTIPATION

Are you straining to have a bowel movement?



Constipation is generally described as having fewer than three bowel movements a week. When it becomes chronic you may have to strain excessively in order to have a bowel movement, which can affect your pelvic floor function.

WHAT CAUSES CONSTIPATION?

There are many issues that can cause constipation. To name a few:

- diet
- water consumption
- activity level
- pelvic floor muscle dysfunction
- prolapse
- medication
- hormones
- aging
- ignoring urges

DID YOU KNOW THERE IS A PROPER WAY TO POO?

Sarah, our pelvic floor physical therapist, shows us above the proper way to poo. Believe it or not, she gets asked this question a lot.

1. Lean on your knees and relax into it
2. 10 deep belly breaths
3. Don't strain or bear down

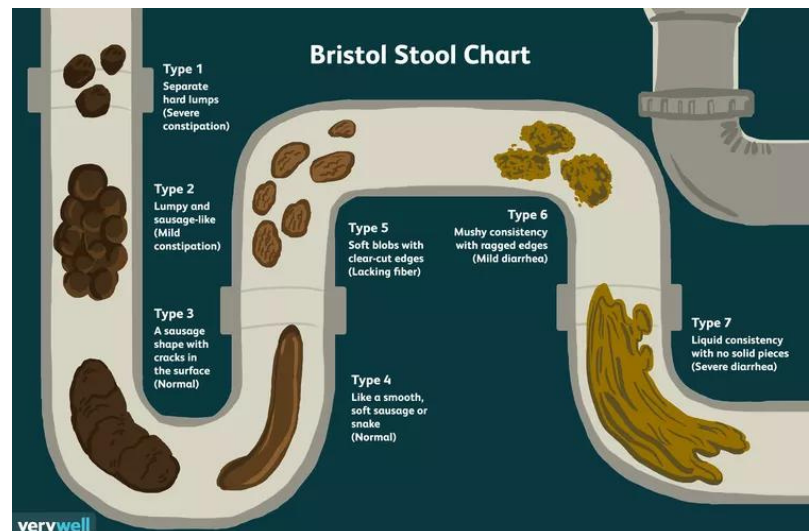
(Raising your feet or using a squatty potty can help put your body into a natural position for easier elimination)

HOW CAN PELVIC FLOOR THERAPY HELP WITH CONSTIPATION?

Specialized pelvic floor muscle training can help people learn to coordinate their muscles to improve the ease of passing bowel movements. A physical therapist can use exercises, stretches, manual therapy, and biofeedback tools to improve a person's ability to use the right muscles at the right time to have a bowel movement.

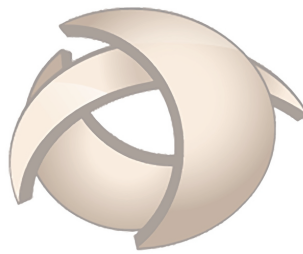
This Bristol Stool chart is a good tool to assess what your bowel movements are like. Our therapists, like to hear patients having a type 4 bowel movement consistently.

If you are straining, poop is too hard, or not consistent in your bowel movements. Let us help!



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



ACCIDENTAL INJURIES

Workers Compensation

A work injury is an injury sustained while performing duties related to your job. Work injuries can leave you struggling with chronic pain or limited mobility. Whether they're minor or severe, all injuries can affect your quality of life. Physical therapy offers drug-free relief from your most painful symptoms.

Common causes of work injuries include:

- Lifting/carrying heavy objects
- Falling from a ladder or scaffold
- Being struck by a falling object
- Slipping on a wet floor/ground
- Repetitive stress/poor posture
- Auto accident while driving for your job

Auto Injury

Auto injuries are often frightening and may cause lingering health problems. An auto injury can result from any auto accident.

Common auto injuries include:

- Whiplash
- Damage to the neck/spinal cord
- Broken bones/fractures
- Damage to internal organs
- Burns

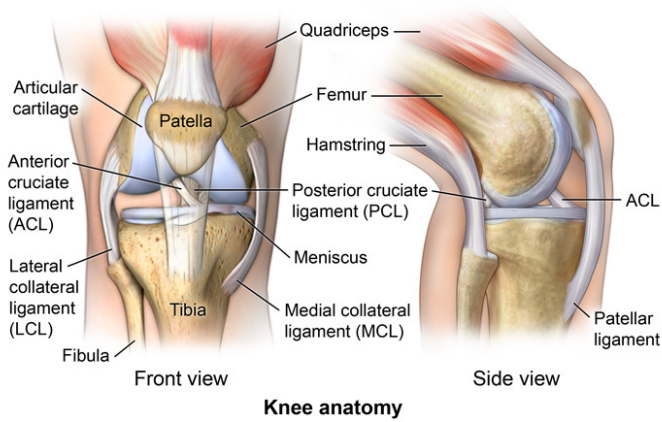
Symptoms of auto injuries depend on which area of the body was affected. But common symptoms may include:

- Pain • Stiffness • Difficulty getting around • Confusion or disorientation • Depression or anxiety

While some minor injuries may heal quickly in the weeks following the accident, other injuries can linger. Injuries that linger can usually be treated with physical therapy techniques.

With both workers comp or auto injuries, physical therapists perform assessments to check your muscle and joint function after your injury. Then they guide you through exercises and treatments to strengthen weak muscles and loosen stiff joints. If your injury makes it difficult to perform everyday tasks, your physical therapist can help you learn new ways to adapt. Don't stay in pain!

HOW DOES KNEE PAIN FEEL?



The knee joint consists of the shin bone (tibia) and the thigh bone (femur), and the knee cap (patella). Four main ligaments support the knee joint. They are the:

- Anterior cruciate ligament, or ACL.
- Posterior cruciate ligament, or PCL.
- Medial collateral ligament, or MCL.
- Lateral collateral ligament, or LCL.

Injury to any of these ligaments can cause knee pain.

Knee pain can occur suddenly for no apparent reason or it also can develop slowly, as a result of repeated trauma. Knee pain occurs in different parts of the knee. Below is an overview:

- **Anterior knee pain:** This condition is also called patellofemoral (or kneecap) pain. Pain is felt around the kneecap (patella) at the front of the knee. This type of knee pain is caused when the kneecap shifts out of position. Kneecap pain commonly affects younger females, such as athletes, and may be due to repeated movements or overuse. Pain often occurs when performing activities like squatting, walking uphill, or climbing stairs.
- **Lateral knee pain:** This pain occurs on the outside of the knee. It is a type of overuse injury common in runners. It happens when the tendon, IT band, becomes irritated. Pain is often felt when performing activities such as climbing stairs, walking, or running.
- **Medial knee pain:** This pain occurs along the inside of the knee. It develops when the MCL becomes irritated due to direct injury or overuse. You may feel pain when squatting, walking up or down a hill or ramp, or going downstairs.
- **Pain caused by a ligament tear:** This type of pain may result from a direct blow to the knee. It also can occur if you twist or pivot your knee while your foot is planted on the ground. Instant pain and swelling usually occur. The knee may feel unstable — like it will give out — when you try to put weight on your leg.
- **Pain caused by osteoarthritis:** This type of pain may occur anywhere in the knee where the cartilage has broken down. It may begin as mild and gradually get worse. Over time, the pain can begin to limit your ability to fully bend and straighten your knee, climb stairs, squat, or lower yourself to sit in a chair. The knee also may swell, off and on, with increased activity. OA can make it more and more difficult to walk long distances.

Our physical therapists develop a personalized rehabilitation program for your condition. This program can help you safely return to your desired activities. Some general treatment techniques may include patient education, manual therapy, pain management, range of motion exercises, and muscle strengthening.

www.choosept.com/guide/physical-therapy-guide-knee-pain

LET'S GET SOCIAL

For news and tips for healthy living from your favorite physical therapists, follow us on our social media platforms or our website. Click below to link directly to them.

 www.MeadowlandTherapy.com



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