



Winter 2024

# MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness  
Newsletter*

*Inside the Issue*



**Don't let your PAIN  
hold you back**



**Blood Flow Restriction  
Training (BFR)**



**Urinary Incontinence  
after Prostate Surgery**

## MEET OUR TEAM

Amber was born in Santa Rosa and moved to Pocatello 3 years ago and loves the access to the great outdoors that Pocatello has to offer. Amber has traveled a lot but the country that hits the top of her list is Poland. She loved learning about and hearing all about the WWII stories. Amber loves trying all the new food in the countries she visits. Her travels are not done yet because if she could do anything, she would gift her family unlimited travel. Speaking of family, she is married and has one beautiful daughter. They love to hike together and accomplish projects around the house. Her role models are her parents because they taught her about dedication to their family, church and occupations. "They taught me to never give up and that all you need is love and a good knot to keep hanging on and help you ascend."



**Amber Durrant, DPT**



We have 2  
new physical  
therapists at  
our clinic!  
Help us  
welcome  
Daniel  
Barclay &  
Amber  
Durrant!

## DON'T LET PAIN HOLD YOU BACK

Don't let pain or mobility issues hold you back. 2024 is YOUR year! After every visit with us, you'll feel a little bit better, a little bit stronger, and before you know it — you'll be back better than ever! Starting this year by prioritizing your health is the best gift you could have given yourself. So, let us know what you want to do this year. We want to help you make that happen!

### What are Your Goals?

Do you have a goal in your head - perfect! If you need a little bit of help - that's okay too. Here are common benchmarks our patients work toward.

- **Going back into their sport at the level they were before injury.** When an injury occurs, your physician or athletic trainer may refer you to physical therapy. Sports medicine physical therapy programs, allow athletes of any skill level to recover under the care of a musculoskeletal specialist. Physical therapists have an array of different programs for:
  1. Your specific type of injury
  2. The severity of the injury
  3. Your fitness level
- **Sleeping without pain.** Sometimes all it takes is changing your position to decrease your pain.
- **Getting back into exercise, dance, yoga, or other fitness classes.**
- **Having enough endurance to walk down the aisle, up the stairs, or for long periods.**

### How We Can Help You Achieve Your Goals?

Physical therapists are musculoskeletal experts. We use manual therapy, stretching, exercise, and other modalities to fine-tune your muscular abilities and help you achieve your goals. We will look for muscular imbalances and areas of weakness that could lead to injury, modify incorrect movements, and treat areas experiencing pain. Come let us do a movement assessment to see where your imbalances or weaknesses are before they turn into pain. 2024 is your year to achieve something great, and we want to help you get there. Large or small, your goals are important to us. You can call us to get started. Physical therapists can tailor programs to each patient's ability levels to improve confidence and independence while reducing the risk of future injury.

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

# BLOOD FLOW RESTRICTION TRAINING (BFR)

A new training technique that embraces the concept of working out “smarter, not harder” allows you to exercise at a lower intensity and still make progress. This method is called blood flow restriction (BFR) training — and it’s exactly what it sounds like.

A special kind of tourniquet (cuff) goes around your thigh or arm to reduce the blood flow out of that area. It tricks your body into thinking you’re working harder than you are. The result? You can use less weight to build strength and muscle mass.

## How does restrictive blood flow training work?

The idea of “no pain, no gain” isn’t too far off from what science tells us about the process of muscle growth, or muscle hypertrophy. When you strength train, you change the environment inside your muscles and this activates muscle growth.

## Muscle growth happens through:

- **Muscle trauma:** To get bigger muscles, you have to stress them enough to injure the muscle fibers. The amount of weight or resistance required to do this depends on your fitness level. Once muscles are damaged, your body gets to work repairing and rebuilding them. That leads to larger and stronger muscles.
- **Oxygen depletion:** Your body needs more oxygen when lifting heavy weights. Because of this increased demand, there’s less available for your muscles. With less oxygen in your muscle tissues, your body creates lactic acid to stimulate muscle hypertrophy.
- **Cellular swelling:** Blood flow increases when you exercise. As more blood comes into your muscles, they swell. This kind of cellular swelling leads to muscle growth.

With BFR training, blood still comes into your muscles via your arteries. The use of the band, however, blocks it from leaving through your veins. This restriction of normal blood flow allows your muscles to experience swelling, fatigue, and oxygen depletion more quickly. This then creates an environment for muscle growth without pushing your body past its limits. It recruits the fast-twitch muscle fibers that you normally only use for lifting a strenuous amount of weight or lifting weight quickly. Those kinds of muscle fibers bulk up more quickly.

## Benefits of using BFR include:

- Increases muscle size faster than regular training alone.
- Leads to the same lifting gains as regular training using 20% to 30% less weight or reps.
- Less impact on tendons and joints during lifting.
- Prevents muscle loss in people who are immobile.

In a rehabilitation setting such as Meadowland Therapy, this is vitally important as it allows us to achieve muscle strength/growth while not stressing damaged or vulnerable tissues (e.g. An arthritic knee, fractured ankle or post-surgical or an ACL) but still get significant benefits. Normally we would have to wait for these tissues to heal before being able to load them to achieve these benefits.

# OUR SPECIALITIES

- Aquatic Therapy
- Auto Injury
- Biofeedback
- Blood Flow Restriction Training (BFR)
- Dry Needling
- 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



# URINARY INCONTINENCE AFTER PROSTATE SURGERY

Did you know pelvic floor physical therapy is not just for women? A big majority of men deal with prostate problems. Undergoing a prostatectomy (removal of the prostate due to cancer) can be difficult. And for many men, finding that they are incontinent post-surgery may come as a shock.

## Why does this happen?

- Urinary incontinence is a potential side effect of prostate removal surgery. The prostate is located just below the bladder and surrounds the urethra. Removing it, or using radiation to treat it, can sometimes cause damage to the nerves and muscles of the bladder, urethra, and or sphincter, which controls the passage of urine from the bladder.

## How bad is incontinence after prostate surgery?

- The degree of incontinence varies from person to person and can be anywhere from full-on incontinence to light dribbles. The amount you leak right after surgery will likely lessen as you continue with your recovery and as time passes. Most men who experience a loss of bladder control have symptoms for 6 months to 1 year post-prostate surgery. However, a small percentage of men may continue to experience problems past the one-year mark. Performing pelvic floor exercises, which help strengthen the muscles that are located in the base of the pelvis between the pubic bone may help to speed the recovery process along.

## What can I do for my incontinence after prostate surgery?

- If you find you're having issues with mild to moderate leakage after surgery, your healthcare provider might suggest starting with noninvasive therapies like *pelvic floor physical therapy* exercises for the pelvic floor muscles. The pelvic floor muscles help control bladder and bowel function and, like other muscles of the body, if they get weak they are no longer able to do their job effectively. To improve muscle function, pelvic floor exercises must be done regularly. These exercises may also cut down on the number of times that you have to get up each night to pee. Give our therapists a call if PFPT is right for you!



<https://nafco.org/bhealth-blog/urinary-incontinence-after-prostate-surgery-everything-you-need-to-know/>

## 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](http://www.MeadowlandTherapy.com)



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• 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](http://www.meadowlandtherapy.com)