

Special points of interest:

- Aquatherapy 12pm-1pm, Mondays \$8.00 Gallagher Pool.
- Free Walking group Tues/Thurs, ring for details
- Muscle Balance Assessment \$110.00. Get sorted for Summer.
- Real-time Ultrasound Assessment for Pelvic Floor and Core Stability.

Pelvic Floor (Don't Stop Reading Guys!)

Ok, this is one of those subjects that often stops people reading straight away, particularly the blokes. I am pretty sure there are few blokes out there who don't even think they have a pelvic floor...YOU DO!

The pelvic floor muscles form a sling at the base of the pelvis. They hold up the abdominal and pelvic contents, and have an important role to play in many day to day tasks.

A poorly functioning pelvic floor can cause a multitude of problems in men and women eg low back pain, repeated groin strains, poor core stability, prolapses, incontinence and poor sexual performance.

So you can see it can be

pretty important and not something to neglect.

Some info quoted from remarkable physios:

- If you are a male you have up to a 12% chance of developing urinary incontinence.
- Male erectile function problems—research shows that **correct** Pelvic Floor Muscle Training is more effective than Viagra
- If you are a female and have had a child you have a 1 in 3 chance of developing urinary incontinence (this may not occur until menopause)

- All of us have up to a 15% chance of developing faecal incontinence (Number 2 leakage)

Core stability exercises are the “in thing” at present, but if done incorrectly, they can actually make the pelvic floor worse. Up to a 1/3 of pilates instructors were shown to be doing pelvic floor exercises incorrectly. Similarly up to a 1/3rd of weight-lifters have problems with incontinence and also prolapse. This occurs because the pelvic floor is being depressed instead of lifted with straining. Repeated straining stretches the fascia holding up the pelvic floor leading to permanent problems.

How to look after your Pelvic Floor

Reproduced from article by Melissa Davidson, Remarkable Physios

How do you do pelvic floor exercises correctly? Imagine you need to fart, you are in an enclosed space with a nice looking stranger and don't want to drop one. Instead squeeze around your back passage and lift it up. And then relax. Now

imagine you need to pee badly, and there is not a toilet or tree in sight. Again squeeze and lift around your “pee hole”. Men may find it easier to imagine walking into a cold lake and the water is about to hit your testicles—that's right

squeeze and lift. And then relax. You should be able to hold a contraction for over 10 seconds strongly, while breathing and having all your other muscles relaxed (including your buttocks and legs). Cont pg 2

How to look after your Pelvic Floor cont.

If you are having problems with your pelvic floor please get help for it—now. Over 80% of urinary incontinence can be improved with specialist pelvic floor physiotherapy.

At the clinic we have a Real –Time Ultrasound, (like that used to image babies in pregnant women) It allows us to get a picture of what’s happening to the muscles inside.

We can use this to image the bladder and Pelvic Floor without the need for more invasive examinations.

You can see exactly what is happening inside when you are doing a contraction, the bladder should

lift. With this visual feedback it is easier to check and retrain the pelvic floor muscles.

If we have concerns or think the problem is beyond our expertise we can point you in the direction of specialists.

Other tips for looking after your Pelvic Floor:

- Don’t strain on the toilet, it’s a big no no.
- Keep your “Number 2’s” soft and looking like a sausage—you might need to adjust your diet to achieve this.
- Bikers, while riding down-

hill, stand up on your pedals and do some pelvic contractions to help increase the blood flow to the area.

- Everyone, keep drinking. De-hydration cramps and headaches are far worse than having a pee next to the track or the odd leakage running with a “weak bladder”.

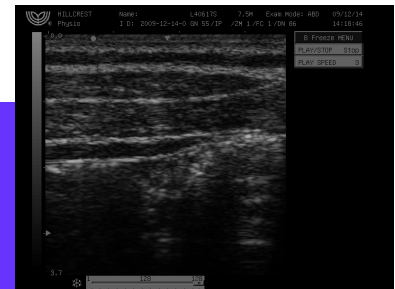


Seeing is Believing with Real Time Ultrasound

Real—time Ultrasound has been around for awhile as an adjunct for physiotherapy, I first used it in 2000 when I did my Masters in Sports Physiotherapy in Western Australia, and I was hooked on it then, mainly because it showed I could actually activate my Transverse Abdominal Muscle up until then I was skeptical I even had one! I have been itching to have one ever since...I now have.

It is an amazing tool for the re-training of the core stabilizers, for those of you like me, who were always a bit doubtful about what was happening to those stomach muscles, you can see it right in front of you in black and white.

*The Core Stabilisers
can be seen and
activated in the
correct way.*



Screen Image showing Adominal layers

Physiotherapist Profile: Wayne Fausett

Masters Health Practice, 2007 BHS(Physiotherapy) 2004, B PE 1998, PG Dip in PE, 1999

Wayne is one of our Senior Physiotherapists and as you can see from his list of qualifications he is a very capable physiotherapist with a huge knowledge base. Wayne is also qualified to do acupuncture and uses this extensively along with his skills in manual therapy and exercise prescription to give a high stan-

dard of evidence based treatment. Wayne is our physiotherapist who works at Hamilton Boys High, providing an excellent level of care for the staff and students at the school. Wayne previously worked in Cambridge and did a lot of work with elite rowers in the clinic there. This year he was the Physiotherapist

for the Waikato Maori team. He is also currently working as a researcher on the Bionic Head Injury study at AUT. He enjoys treating all types of musculoskeletal injuries, from work related to sports and post-operative rehabilitation. He is a keen athlete himself and understands the challenges facing sports people with injuries.