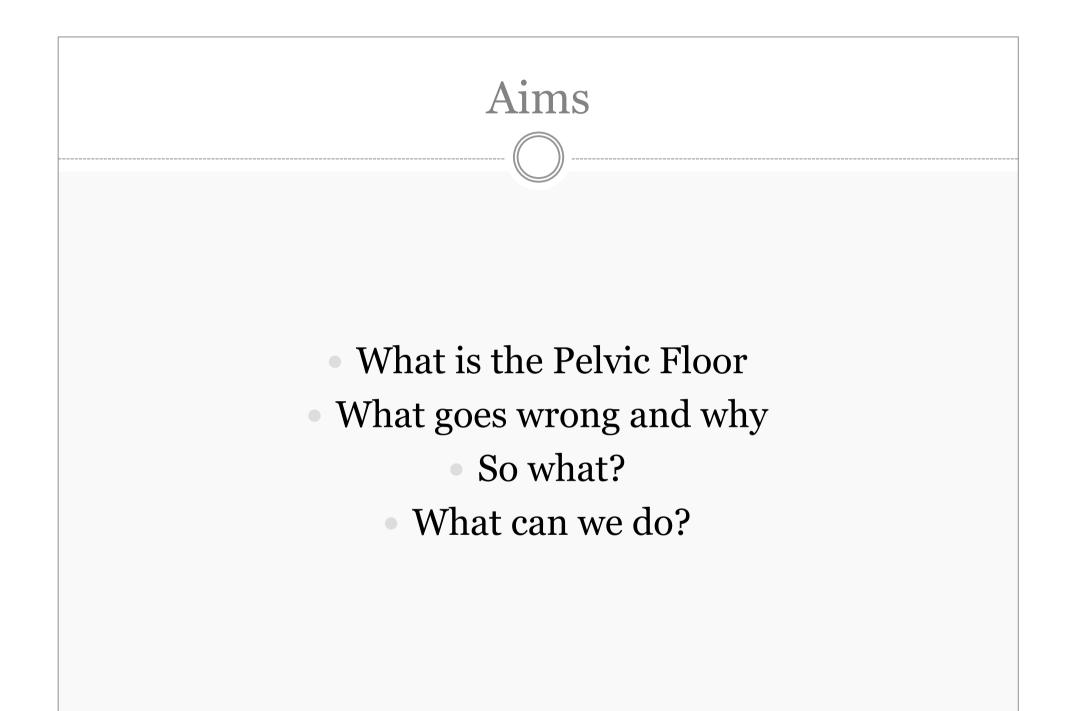
## The Pelvic Flaw

#### NATURE'S MISTAKE TRACEY GJERTSEN BSC MCSP HCPC





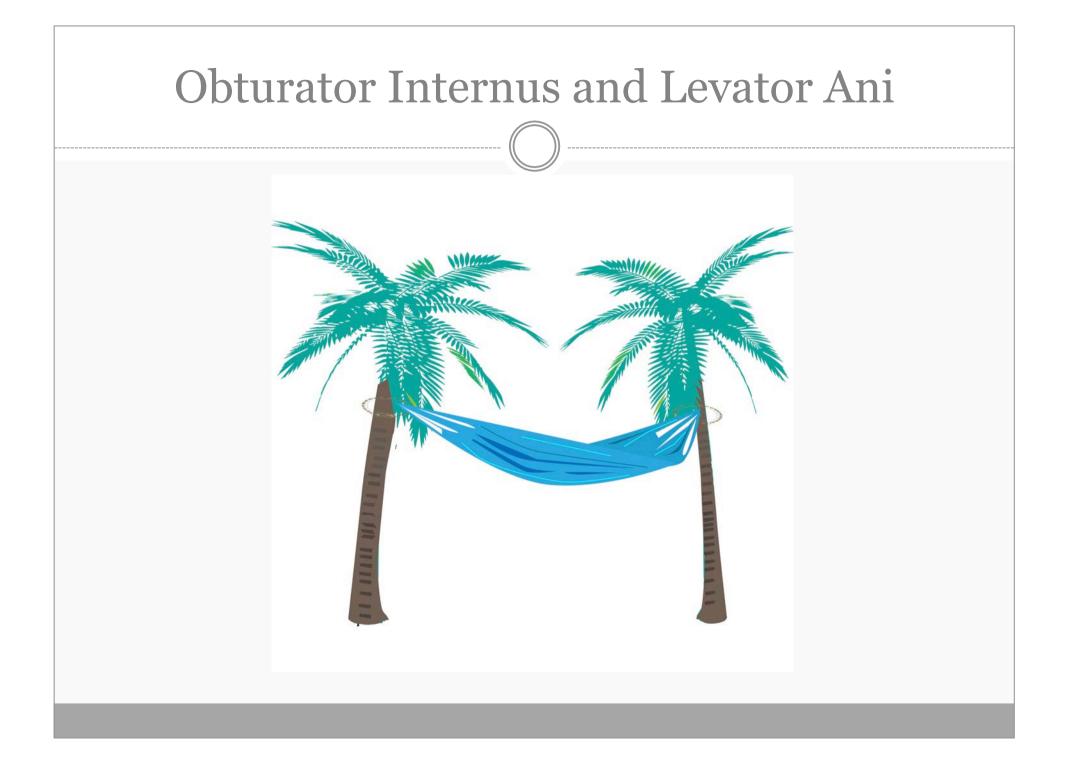
## Pelvic Floor Anatomy

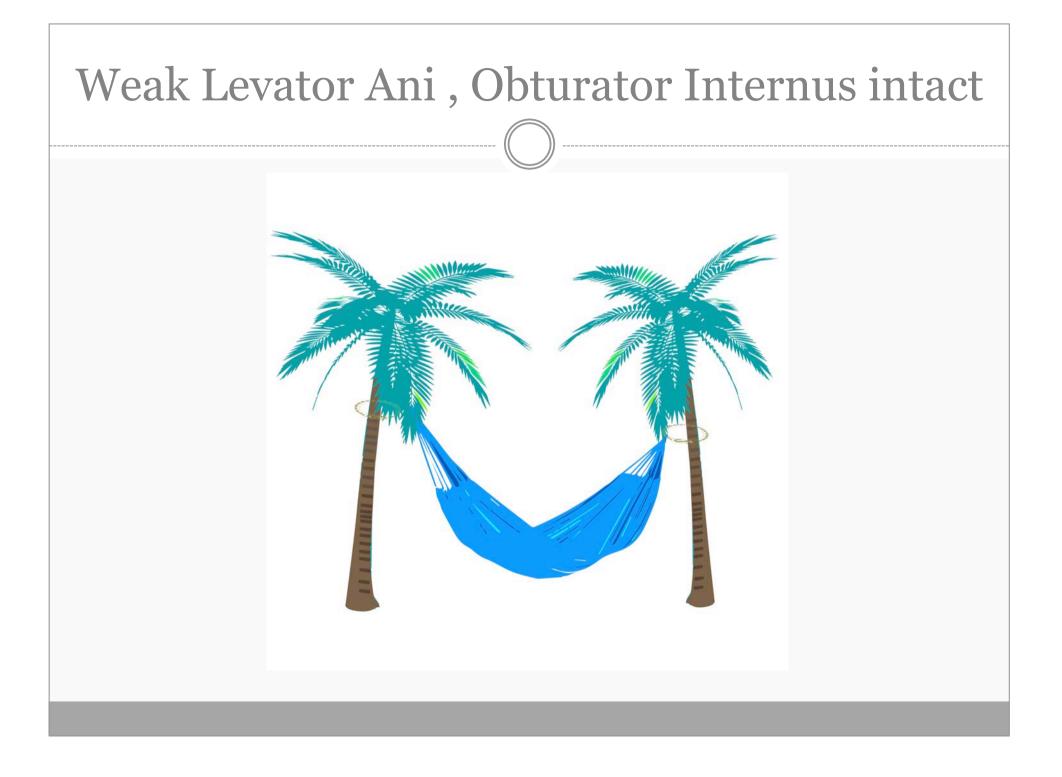
#### **3** Layers

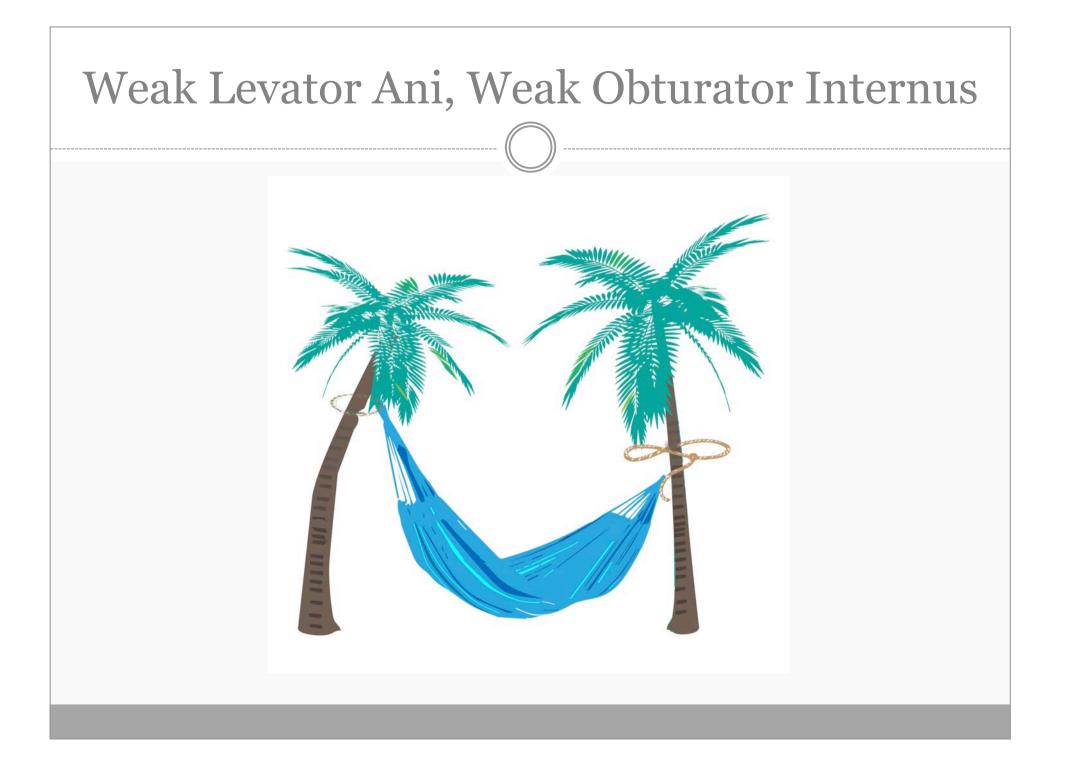
- Superficial Perineal Mainly Sexual & Anal sphincter
- Deep Urogenital –
- Pelvic Diaphragm Piriformis, Levator Ani, Obturator Internus

#### Function

- Maintain continence
- Support Abdominal Viscera
- Modulate Intraabdominal pressure
- Act as a core stabiliser
- Sexual & Reproductive Function







## Pelvic Floor Dysfunction

Urinary Incontinence
Pelvic Organ Prolapse

Prostate Cancer
Sexual Dysfunction
Fecal Incontinence
Pelvic Pain

Lumbar and Pelvic Instability

## **Impact of Urinary Incontinence**

- Costs to NHS £117million per year
- 5 million people in the UK
- 20.4% of people aged 40 years and over,
- 35.6% of women at age 80 and over
- 2<sup>nd</sup> reason for elderly people being put into residential care
- Personal financial cost

- 27% were unwilling to go to places where they were unsure about the availability of toilets
- 31% dressed differently because of the problem
- 23% said it affected their sex life
- 23% avoided physical activity
- Increased risk of falling
- Social Isolation

## **Causes of PFM Weakness**

Pregnancy and Childbirth Heavy Lifting **High Impact Sport Respiratory Conditions** Constipation Old Age Prostate problems and treatment

**Neurological Conditions** Obesity Inactivity **Poor Posture Associated Pelvic Pain** Conditions Lower Back Pain Hypermobility Menopause

## Pregnancy & Childbirth

- Weight of foetus, uterus and contents
- Relaxin, Ligament Laxity
- Pubic Symphysis Disorder
- Weight gain
- Constipation
- Number of pregnancies

- Length of 2<sup>nd</sup> stage
- Forceps or Ventouse
- Episiotomy or tear
- Infection
- Diastasis Recti
- C Section

## Heavy Lifting

- Poor Technique
- Valsalva Manoeuvre
- From a deep squat
- No pre-contraction of abdominals & Pelvic Floor

## High Impact Sport

- Dynamic shift of abdominal viscera
- High Tone Pelvic Floor Dysfunction may be more common in exercising females
- The effects are greater with impact running, trampolining

## uts NEWS French gymnast springs a leak!

#### Olympic star has a tiddly problem mid-routine

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FRANCE'S COLDEN CID

## Coughing, Obesity & constipation

### Increase in Intra-Abdominal Pressure

### Increased load

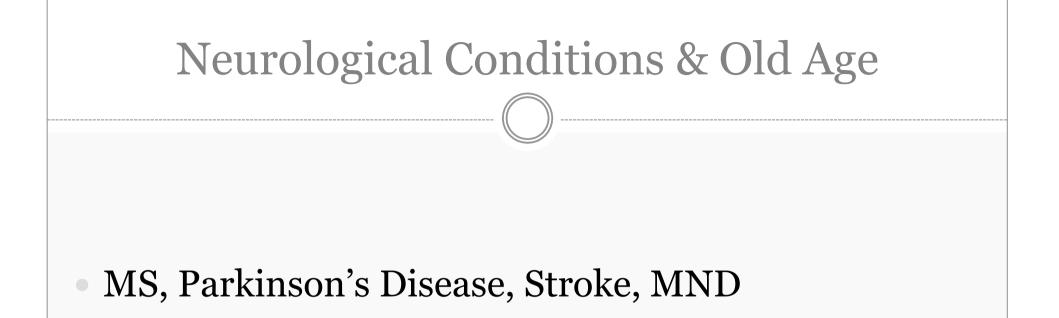
• Bearing down

## Inactivity & Posture

Resting tone of deep abdominals and pelvic floor increases in unsupported upright sitting

Both are more easily recruited in neutral

Position of pelvis



 Menopause – Oestrogen Depletion & Loss of Urethral Stiffness



- Inflammatory conditions (IBS, PID, Endometriosis)
- Post-surgical/radiotherapy
- High Tone Pelvic Floor
- Psychosexual

### **Prostate Cancer**

- Most commonly cancer diagnosed in men
- Affects 1 in 8 men
- It is estimated that by 2030, Prostate cancer will be the most commonly diagnosed cancer in the UK
- 42,000 new diagnoses each year
- PSA may be an indicator of prostate cancer but a high incidence of false positives in younger men
- Side Effects of Surgery ED, UI

## NICE,WHO,CSP Recommendations

• A course of pelvic floor muscle exercises (Kegels) supervised by a specialist physiotherapist

- A health or fitness professional with additional specialist training
- Adherence is better as part of a group

## **Exercise Paramaters**

- Isolate CSP Recommendations
- 75% Slow Twitch Endurance and Strength
- 25% Fast Twitch Speed
- Don't forget O.I.
- FITT Principles
- Make it functional

### Evidence

National Institute for Health and Clinical Excellence. Urinary incontinence: the management of urinary incontinence in women. CG40. London: National Institute for Health and Clinical Excellence; 2006. URL: <u>http://guidance.nice.org.uk/</u>

<u>Scientific Committee of the First International</u> <u>Consultation on Incontinence. Assessment and</u> <u>treatment of urinary incontinence. The Lancet.</u> <u>Volume 355, No. 9221, p2153-2158,17 June 2000p2153</u>

# Resources

Chartered Society of Physiotherapy <u>http://pogp.csp.org.uk/publications/promoting-</u> <u>continence-physiotherapy</u>

Bladder and Bowel Health <u>www.bladderbowel.gov.au</u>

Continence Foundation www.continence-foundation.org.uk/resources.html

Pelvic Floor First http://www.pelvicfloorfirst.org.au

## Thank You

