

Frequently asked Questions

I've already tried "kegels" and they didn't seem to help that much, can pelvic therapy still be of benefit?

Yes! Did you know that 40% of patients given only verbal instruction are doing the pelvic floor muscle contraction or "kegel" incorrectly? Even if you are doing the kegel correctly, most often, patients are not holding, progressing or consistently doing kegels for a long enough duration to achieve maximum benefit. Often times, adding biofeedback allows patients to more fully understand and properly progress kegels to really make a difference.

How do I get started with therapy?

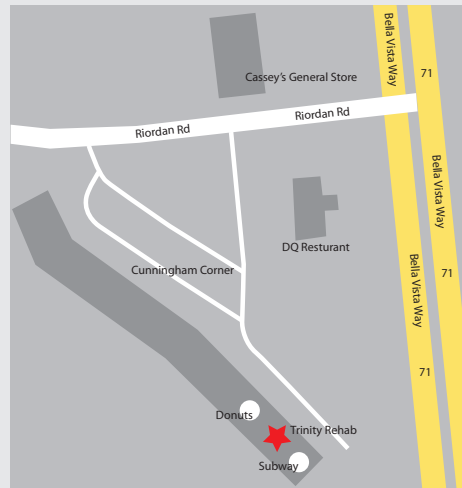
Just ask your primary care or specialty physician for a referral to Trinity Rehabilitation in Bella Vista for Pelvic Floor Physical Therapy. Then you will just need a phone call to set up your initial consultation.

How long does it take to see results?

Sometimes patients notice a difference in as little as 2-3 weeks but it can take 6-8 weeks to start noticing improvement. A full training program with optimal pelvic floor muscle strengthening can take up to 4-6 months.

Trinity

Bella Vista Clinic



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Trinity

Rehabilitation & Sports Medicine Inc.



Setting the standard in Northwest Arkansas

Do you suffer from incontinence, constipation or pelvic pain? You are not alone. While not considered a normal part of aging, there is treatment. Pelvic physical therapy is a conservative measure that may help.

Bella Vista Clinic offers Physical Therapy, Occupational Therapy, Certified Hand Therapy & Pelvic Physical Therapy

Pelvic Floor Dysfunction services provided at Bella Vista, AR Clinic



Jamie Weaver, PT, DPT

Jamie is a licensed Physical Therapist with a Doctorate of Physical Therapy degree, which she received from Creighton University in 2003. She has over 10 years of experience in treating patients with pelvic floor dysfunction and is 1 of 6 PT's in the state of Arkansas who has achieved her CAPP-Pelvic or Certificate of Achievement in Pelvic Physical Therapy through the Pelvic Health Academy of the American Physical Therapy Association. Jamie can address pelvic floor issues of all ages and gender, pediatric (ages 5+) to geriatric. Jamie has lived in NWA since 2005. She is married and has 3 children.

Types of Incontinence

Urge incontinence: the strong sensation to urinate accompanied by uncontrolled urine loss (*I just can't make it in time*).

Stress incontinence: urine loss that occurs with increased intra-abdominal pressure such as coughing, sneezing, laughing, lifting, exercise, etc.

Mixed incontinence: a combination of urge and stress incontinence.

Fecal Incontinence: the uncontrolled loss of stool before or after a bowel movement. May occur alone but can also be affected by constipation and difficulty fully eliminating the bowel (which can make urinary incontinence symptoms worse).

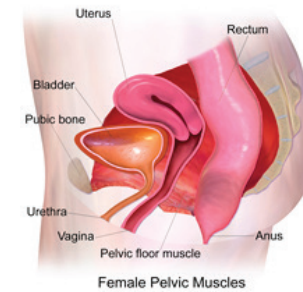
Other Conditions

Urinary urgency or frequency, difficulty fully eliminating the bowel or bladder, pelvic pain including painful intercourse, coccyx or tailbone pain, pelvic organ prolapse such as cystocele or rectocele, interstitial cystitis, prostatitis, new onset of symptoms after childbirth or pelvic surgery such as male urinary incontinence after prostate surgery.

Understanding the Pelvic Floor

The pelvic floor is a sling of muscles that supports the pelvic organs (bladder, rectum, and uterus in females) and attaches from the pubic bones in front to the tailbone in the back. You can voluntarily contract or squeeze these muscles, called a "kegel", to help

prevent the loss of urine or stool. You can also relax them to help more fully empty your bowel and bladder or help calm muscles that may be in spasm and contribute to pelvic pain.



Art: Pelvis Muscles (Female Side)
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Pelvic Floor Dysfunction

Childbirth, prostate or other pelvic surgeries, neurological conditions, tailbone injury, medical conditions such as diabetes and obesity as well as normal age related changes may contribute to bowel or bladder

symptoms. Weakness or too much tension in the pelvic floor can also contribute to bowel, bladder or sexual dysfunction that interferes with daily life or activities outside the home.

Pelvic Floor Treatment

First a personal history of one's pelvic, bladder and bowel issues, which may include an external and internal assessment, if appropriate, will help you and the PT to understand what is occurring with the pelvic floor and determine an individualized treatment program. Treatments may include real time computer software biofeedback of the pelvic floor so that you can improve performance of these hidden muscles. Plus, electrical stimulation can help to activate or calm the pelvic muscles or bladder and manual techniques can also help with pelvic pain.



Personalized Rehab
in Northwest
Arkansas

Locally owned

Trinity is locally owned by therapists who have incentive to get you well, and each clinic has a working owner. At Trinity, you will find professional Physical Therapists, Occupational Therapists, and Athletic Trainers.

Three Locations

Trinity Rehabilitation & Sports Medicine Inc. has three locations to better serve you. Bella Vista, Fayetteville, and Springdale AR.