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The Body Dynamics Quarterly Newsletter

Issues in Women's Health: Urinary Incontinence Preventing and Managing Severe Urinary Leakage With Physical Therapy

While mild urine leakage affects most women at some time in their lives, severe leakage is less common and affects about 1 in 10 women. When leaks become frequent or severe enough to be a problem, it is called urinary incontinence, or loss of bladder control.

Although incontinence is not necessarily a natural part of aging, it can be the result of many years of changes in the body. Childbirth, improper lifting of heavy objects, chronic constipation, or post-menopause—all of these factors contribute to a weakening of the pelvic floor muscles (muscles that surround the openings of the urethra, vagina, and anus), leading to poor bladder control.

Urinary incontinence can be embarrassing and even depressing to some. But the good news is that preventive measures and treatment can help patients manage urine leakage.

TYPES OF URINARY INCONTINENCE

There are two major types of urinary incontinence that benefit from physical therapy—stress and urge incontinence.

Stress incontinence, which is the most common type of urinary incontinence in younger women, occurs when you cough, laugh, or sneeze. Leaks also can happen when walking, running, or doing aerobics. Urine leakage occurs in this case due to

weak pelvic floor muscles or a defect in the urethral tube.

Urge incontinence is urine leakage that occurs as soon as you get the urge to go to the bathroom. The sensation is overwhelming—your bladder muscle contracts at the wrong time, and you

can't control it. These inappropriate contractions can stem from reversible causes like a bladder infection, bladder irritability after surgery, or poor dietary and bladder habits. Sometimes they are caused by problems with the nervous system.

HOW THERAPY CAN HELP

Carrie James, Director of Women's Health at Body Dynamics, reports that a physical therapist with special training in women's health can conduct a thorough musculoskeletal, biomechanical, and pelvic floor

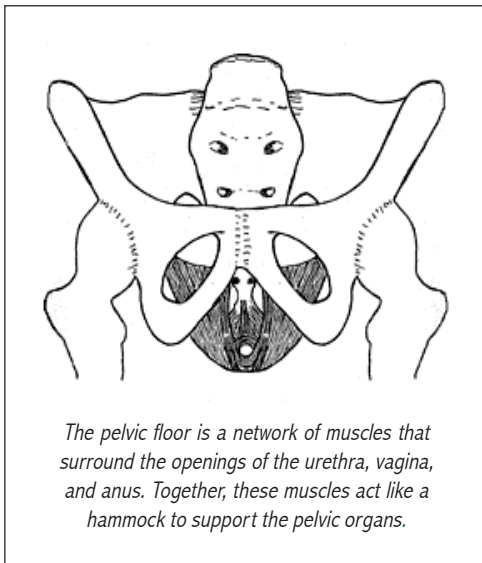
evaluation to identify the specific factors contributing to incontinence. If appropriate, the therapist will then use a variety of methods to help you strengthen your pelvic floor, which may prevent the onset of incontinence or help reverse the process. These methods include:

Exercise: Kegel exercises are the most effective weapon to combat stress incontinence in particular. These are pelvic floor exercises that involve contracting, holding, and releasing the pelvic floor muscles.

Biofeedback: Biofeedback is an adjunct to pelvic floor exercises. It uses electronic equipment to provide you with visual feedback about how your muscles are working.

Electrical Stimulation: This involves using a small, battery-powered unit that applies an electric current to the muscles around the

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The pelvic floor is a network of muscles that surround the openings of the urethra, vagina, and anus. Together, these muscles act like a hammock to support the pelvic organs.

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From the Director



We wish you a healthy new year,
we wish you a healthy new year,
we wish you a healthy new year,
and lots of good cheer!

Thank you, once again, for your ongoing and enthusiastic support of Body Dynamics. Our family has

grown quite a bit over the years, and each of you has been a big part of our success.

Take a look at our diverse programming for the upcoming session—your BDI elves are busy refining curricula, advancing clinical skills, and developing new programs. As you think about next year and where you, your family, and friends would like to be on the march toward independent health, don't forget to let the elves-on-call know your secret requests!

In the meantime, enjoy a wonderful holiday season, treat yourself to a massage or extra training session to relieve your post-traumatic shopping stress, and register early for classes for next semester.

Peace and Joy in the New Year!

Jennifer M. Gamboa, DPT, OCS, MTC

Body Dynamics, Inc.

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Body Dynamics, Inc. (BDI)

is a comprehensive center for orthopaedic and manual physical therapy and a leader in training elite athletes and performing artists. BDI's highly evolved programs address musculoskeletal needs through a multidisciplinary approach that integrates rehabilitation with Pilates-evolved fitness programs and massage therapy.

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Issues in Women's Health

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bladder. Electrical stimulation produces a tingling sensation rather like pins and needles, sometimes with an involuntary tightening of the pelvic floor muscles.

Our therapist may also offer tips on lifestyle changes that will help your bladder become less irritable. These suggestions may include lifting and moving correctly; bracing the pelvic floor muscles with coughing, laughing, and sneezing; avoiding common bladder irritants such as coffee, tea, and chocolate; keeping a bladder diary to promote normal urinating habits; and exercising correctly and avoiding improper sit-up techniques.

If these approaches are not successful in controlling incontinence, medication may be required to treat infection, replace hormones, stop abnormal bladder muscle contractions, or tighten sphincter muscles. In some cases, surgery may be necessary to correct the bladder position.

For more information on BDI's women's health services or for a consultation, call us at 703.527.9557. ■

Be Part of a Dance Evolution



Mindful Movement Integration
January 20 and 28, 2007

Body Dynamics offers a unique seminar series for dancers, teachers of dance, and choreographers.

Participants will learn to integrate experiential anatomy, visualization, conditioning, and advanced teaching skills into class and choreography.

Level 1: January 20

Level 2: January 28 (prerequisite: Level 1)



For more information or to register, call Body Dynamics at 703.527.9557.

Envision Health. Envision Yourself.

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of injured to independently healthy, and providing the appropriate level of intervention—from clinical (physical therapy, acupuncture, massage, and movement reeducation) to preventative (personal training, sports enhancement, and group classes).

We know how important it is to provide sufficient support, to create access to clinical expertise and skill in a variety of ways, and to coordinate a plan of action among all participants. Our goal is to make independent health and well-being accessible to all of our clients. So please, envision health, then envision yourself; and ask us how we can help you. ■



BDI Elves-on-Call

'Tis the season to get the most special of gifts—a BDI gift certificate for those on your holiday list!

Envision Health. Envision Yourself.

Who among us doesn't want to feel better? Most of us would jump at the chance to improve our quality of life, and there is plenty of evidence to suggest that regular physical activity is the key.

In fact, the Department of Health and Human Services launched a comprehensive, nationwide health promotion and disease prevention campaign in 2000 that is predicated, in part, on improving physical activity to improve health-related quality of life, increase lifespan, and diminish risk of death due to chronic disease.

If we know this, why aren't we all exercising? In some arenas, exercise recidivism, (falling off the exercise bandwagon) is reported to be as high as 60 percent. Factors that contribute to lack of success include fear, lack of skilled guidance, injury, and insufficient multidisciplinary support.

HOW DO YOU ENVISION HEALTH?

Beyond the typical health metrics—weight, height, BMI, blood pressure, cholesterol levels—health is related to our quality of life. Perhaps it is best defined as a personal sense

of physical and mental well-being that allows us to perform the work of our daily lives with enough energy left over to enjoy leisure activities.

WHERE DO YOU ENVISION YOURSELF?

If physical and mental well-being are the gold standards, where are you on the health-related quality-of-life spectrum? More importantly,

what do you need to move along the continuum to a healthier lifestyle?

You may not know the answer to these questions, but here are two critical steps you can take:

(1) Identify a skilled healthcare provider to help you assess where you are, develop a plan for where

you'd like to be, and routinely reassess to monitor your progress.

(2) Find a facility that can implement the plan and offer interdisciplinary support at whatever level you need.

Of course this sounds like Body Dynamics. Our entire model of practice is based on helping clients identify where they are on a continuum

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Neurofeedback and Counseling Come to Body Dynamics

In our continuing efforts to offer a spectrum of health and wellness services, we welcome Regina Carrick, a Licensed Professional Counselor and neurofeedback practitioner. Regina uses a combination of counseling and brain wave training—or neurofeedback—to help people who have experienced a variety of emotional, social, and physical symptoms.

For more information or to schedule a consultation with Regina, call Body Dynamics at 703.527.9557. ■

Yikes—2006 Is Almost Over!

As you try to drain your Flexible Spending Account (FSA) before the year's end, keep in mind that many Body Dynamics services are eligible for FSA reimbursement.

Stop by our Front Desk for further information and the appropriate paperwork.

JUMPAhead→ To Prevent ACL Injury

8-Week ACL Injury Prevention Training Program Guaranteed to Reduce Risk of ACL Injury

Female athletes are 3 to 5 times more likely to injure their ACL than men. Research clearly demonstrates that specific programs to improve knee strength, jumping and cutting technique, and proprioceptive awareness decrease the incidence of ACL injuries by 60-89%.

Given the number of young women participating in sports in the Washington area and the proven effectiveness of ACL

injury prevention programs, access to effective training programs is critical for this population. Body Dynamics has therefore developed the JUMP Ahead→ program, which is designed to bring research-tested protocols to female athletes in our community.

Open to young women ages 12 to 18 years, JUMP Ahead→ includes three, 1-hour sessions per week for 8 weeks. Each session includes sport-specific training and drills focused on

increasing lower extremity strength, proper postural alignment, and jump landing techniques. Motion analysis and angular measurements will be recorded throughout the program to document progress.

JUMP Ahead→ will run February to March 2007. Registration is limited to 20 athletes to ensure individualized attention and hands-on cueing. For more information or to register, call 703.527.9557.

Free “Talking About Wellness” Lectures

This session, we continue our popular “Talking About Wellness” lecture series. All lectures are free. For further information or to register, please see the front desk.

1.20 Women’s Health

Carrie James, BDI’s Director of Women’s Health, will discuss techniques for preventing and managing urinary incontinence, uterine prolapse, osteoporosis, and prenatal and postpartum issues. This interactive session will include instruction in exercises to strengthen and engage the abdominals and pelvic floor. 9-10:30 am.

2.24 About Back Pain

Presented by BDI Physical Therapist Jason Grandeo, this lecture is for people living with back pain as well as those interested in avoiding back pain. You will learn how to protect your back by using correct posture at your desk, using correct technique when lifting

heavy objects, positioning yourself for comfortable sleeping, and treating your back when you have pain. 2-3:30 pm.

3.17 Weight Management

BDI’s Associate Clinical Director, Nancy White, will lead an interactive discussion of the role of exercise and effective weight management. Topics will include metabolic syndrome, raising your metabolic rate, the energy cost of exercise, and more. 9-10:30 am.

5.5 Living With Chronic Pain

BDI Director Jennifer Gamboa and Movement Educator Andrea Watkins will present a framework for dealing with chronic pain based on the work of David Butler and Lorimar Moseley. This lecture will include information to help you understand the physiological adaptations of pain and develop physical and mental coping mechanisms. There will be plenty of opportunity for discussion. 2-3:30 pm.

Body Dynamics News and Announcements

BDI welcomes Diane McLaughlin, who will be managing the reception desk and assisting with marketing efforts. Prior to joining BDI, Diane worked in event planning and at the Arlington Chamber of Commerce. Those who have met Diane will not be surprised to learn that she played college basketball at the University of Akron in Ohio. She also enjoys traveling, working out, and walking her dog.

In February, Nancy White and Jennifer Gamboa will be teaching a full-day course on integrated models of physical therapy practice at the 2007 Combined Sections Meeting of the American Physical Therapy Association in Boston, MA. Jen will also be presenting a dance medicine paper at the same conference.

Leigh Roberts’ baby is due in January!

Body Dynamics, Inc.
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Calendar



Winter Classes Begin	1.2
Free Lecture: Women’s Health	1.20
Mindful Movement for Dancers	1.20, 28
Free Lecture: About Back Pain	2.24
Winter Classes End	3.10
Spring Break	3.12-17
Free Lecture: Weight Management	3.17
Spring Classes Begin	3.19
Free Lecture: Living With Chronic Pain	5.5
Spring Classes End	5.19

December 06 Raffle

Win 30 GTS classes!

Sign up for a massage, fitness evaluation, or acupuncture evaluation, and your name will be entered to win a GTS class registration for this winter’s session (10 weeks, 3 classes per week). First-timers only, please.

Get Ready for the Holidays!

November Only

10% off Core Start Packages: \$220

10% off Massage 2-Packs: \$162

For first-timers only, please.

