

BACK TO BASICS NEWS

Back to Basics Family PT ,7768 Williamson Rd.

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Francine Noel-Ford, DPT
Back to Basics Family Physical
Therapy

[Email us](#)

540.985.0500

[Our Website](#)



Refer a family member or a friend
and receive a free 30 min. massage!

(Must be a previous patient)

Patient Testimonial

I have been through many different therapy options and this is the ONLY place where I have gotten relief! Thank You. Vickie B.

Do you need physical therapy?

If you have any of the following **conditions** we can **help!**

Tendonitis/ Bursitis

Sprain/ Strain

Jaw, Neck, or Back Pain

Tension Headache

Pelvic Pain/ Incontinence

Lymphedema

Trigger Points

Pre/ Post Surgical Protocols

Most Insurances Accepted!

Congratulations to Francine Noel-Ford, DPT for being in practice for 30 years! Please remember Back to Basics if you need Physical Therapy.

Happy New Year!

We see WALK-INS so don't wait for a Physical Therapy appointment, when we can see you immediately.

Become a fan of Back to Basics on **FACEBOOK**.

<http://www.backtobasicspt.com>

Regaining Control of your Life..

Incontinence can take an emotional toll on a patient. Social implications include feeling of guilt, shame, and depression in some cases. Family members and physical therapists must work together to support and help the patient prepare for 'accidents' by planning ahead prior to outdoor activities.



Incontinence is more prevalent than most people realize. It can be treated with a combination of traditional medicine and physical therapy. Mental health counseling may be required in some cases.

Physical therapy, in particular, plays an important role in the strengthening and retraining of the pelvic floor muscles. Therapy can also strengthen the lower back and realign posture to dramatically improve the quality of life.

If you or someone you know is suffering from incontinence, schedule a consult with us. Physical therapy will help you regain control of your life in more ways than one.

The Surprising Link Between Physical Therapy and Urinary Incontinence

Incontinence is an embarrassing condition that affects men, women and children of all ages. A common symptom is the loss of bladder control when coughing, sneezing, lifting and laughing.



Incontinence can be temporary or persistent. Temporary loss of bladder control is related to diet, alcohol, caffeine and prescription medications. Underlying medical conditions such as urinary tract infections and chronic constipation also play a role.

Persistent loss of bladder control may be related to pregnancy, age-related changes in the bladder, menopause and enlarged prostate. Disorders of the brain and spinal cord like stroke and Parkinson's disease can also cause loss of bladder control.

This has vast social implications for patients, who turn to adult diapers, medications and even surgical interventions.

Getting Back the 'Mind-Muscle' Link

Incontinence can be treated effectively with a variety of physical therapy techniques including, but not limited to:

Kegel Exercises - This involves controlled contractions of the pelvic floor muscles, using a hold and release pattern for a designated number of repetitions and sets. The frequency and intensity is gradually increased over time.



Clinical Pilates - These specialized exercises help



strengthen the core and pelvic floor muscles.

Electrical Stimulation - The use of mild electrical currents to stimulate the pelvic floor muscles tends to mimic the 'hold and

relax' pattern of Kegel exercises.

Biofeedback - A technique used to build the 'mind-body' connection between the brain and the muscles of the pelvic floor. This helps patients identify, contract and control specific muscles surrounding the urinary tract.

Your physical therapist may use a combination of techniques, and may design a home exercise program to help you achieve results as quickly as possible.

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