

Don't Just Live With It

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Listening, observing, moving, and palpating tell us where to go and what to do—far more than lab work, MRI or Xray. Experience and training guide us in knowing what interventions will likely work best for each individual. These may include:

- ♦ **Fascial Manipulation-Stecco®:** Targeted soft tissue techniques aimed at restoring pain-free mobility to tissue layers, typically anywhere it is dysfunctional in the lower half of the body.
- ♦ **Repositioning and Retraining:** Restoring proper positioning of the trunk and extremities and retraining normal movement patterns, including breathing.
- ♦ **Individualized Exercise:** Not an impossible long list but a few key exercises to restore and sustain gains.
- ♦ **Education:** Learning how to get and stay out of pain and dysfunction.
- ♦ **Dry Needling:** For resolution of fascial densifications, fibrosis, and myofascial trigger points that cause pain and limit motion.



Explore Your Options

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Learn more about the non-pharmacological and non-surgical options we offer:

- ♦ **Call** and speak with one of our therapists.
- ♦ **Go to our website www.aptfc.com**—it's loaded with information!
- ♦ **Visit** one of our offices and pick up informational brochures on a variety of topics.
- ♦ **Schedule a screening**—a 20 minute consultation with a therapist, free of charge.
- ♦ **Schedule an evaluation** - A full history and physical, with education as to your condition and treatment plan.



*In many cases referral not necessary,
and insurance may cover.*

Se habla español

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Appalachian Physical Therapy
"Always Getting Better"

Dysmenorrhea:

Menstrual Cycle

Problems & Abnormalities



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Being Female Shouldn't Hurt

The menstrual cycle is a normal element of life for a female. Certainly some discomfort and inconvenience are inevitably associated with it. But when this event repeatedly disrupts and interferes with daily functioning it is no longer normal. Such abnormalities might manifest as any or all of the following:

- ◇ Heavy bleeding day or night
- ◇ Excessive pain and cramping
- ◇ The need for pain medication
- ◇ Recurrently missing school, work, and other activities
- ◇ Periods lasting greater than 10 days
- ◇ Skipping periods
- ◇ An unusually early or late onset of menstruation
- ◇ Constipation, diarrhea, nausea, headaches

So What's the Problem?

Not every female has trouble with menstruation. What's different about those that do? Sometimes testing helps identify a problem: ultrasonography, pelvic examination, and bloodwork. But often these tests are negative and do not reveal any abnormalities of the internal organs. While no one wants bad news, it can be frustrating to not understand what's behind such life-altering symptoms. Stress, diet, genetics, and hormones may exert an influence and be part of the problem. But they are likely not the whole story.

Consider the Fascia

You may have heard the term *fascia*—that white filmy stuff that wraps around meat. The fascial system is *everywhere* in the body—head to toe, right to left, front to back. It is the only system that touches every other system in the body: nervous, muscular, skeletal, as well as digestive, urinary, circulatory, and respiratory. The fascia works with the central nervous system (CNS) to govern movement—bowels & bones. Fascia is highly innervated, which means it plays a role in pain perception, position sense (proprioception), and awareness of movement (mechanoreception). When the fascia is functioning normally, all is well. But when it's not, it has the potential to wreak havoc on any of the systems it touches—

such as the reproductive system!



Fascial Manipulation-Stecco® is performed externally to the pelvic region to restore lost slide to fascial layers and help resolve the pain and dysfunction associated with dysmenorrhea.



Movement is Key!

Just as knees and necks need movement to stay healthy, so do organs. Fascial restrictions and abnormal positioning/mobility of the trunk and limbs can interfere with normal function in many places. Dysfunction in the knee, for example, can cause not only knee pain but also problems in the hips, pelvis, and internal organs. Movement testing and palpation help us identify issues and direct treatment to restore normal function and alleviate pain.

