

## Emerging Role of Physiotherapy in Life of Silent Suffering in Women's

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### Abstract

PT has been considered important in the field of Obstetrics and Gynecology for last three decades. Initially it was concentrated only on Perinatal and Postnatal stages. There are many other problems faced by women's in all age groups from Menarche to Menopause. I have attempted to bring all major problems and their Physiotherapy treatment under one roof. Basically my article is for those women's who think silent suffering like Incontinence and prolapse etc. is common. Yes it is common but curable too. One of my patient of silent suffering ones told me that, "I knew I had to find help because I didn't want to be dependent on medication for rest of my life". There is a common adage these days that "Men are from Mars and Women are from Venus".

So as Women's Health Physiotherapist I can really be as set in this world from Mars and can make my Venus world.

**Keywords:** SUI (Stress Urinary Inconvenience); UUI (Urge Urinary Inconvenience); PFD (Pelvic Floor Dysfunctions); Prolapse; Dysmenorrhea

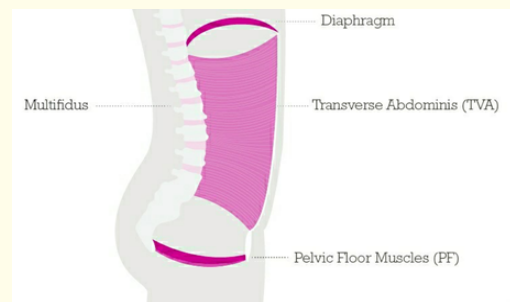
### Introduction

Silent Suffering refers to all Pelvic Floor Dysfunctions which are going on inside women's pelvic floor muscles but not visible on regular life. These silent suffering includes major problems like;

- Urinary Incontinence (SUI, MUI, UUI)
- Vaginal Laxity/Pelvic Organ Prolaps
- Female Sexual Dysfunctions
- Dyspareunia/Vaginismus
- Pelvic Pain/Vestibulitis/Painful Scar
- Pre and Postnatal Dysfunctions
- Episiotomy Scar/Vulvodinia
- Coccydynia/Dysmenorrhea
- Amenorrhea/Piriformis Syndrome
- Vomiting of Pregnancy etc.

I have emphasized from research and experience with women's who came for antenatal and Postnatal session that not only exercises play a major role but exercises along with various position correction and breathing pattern also play important role in overcoming women's problem.

Basically we are focusing research on Core 4 muscles. In this research we work on strengthening Core 4 muscles. Core 4 muscles involves Diaphragm, TRANSVERSE Abdominis, Pelvic Floor Muscles and Multifidus.



**Figure 1**

We took two groups one is control group and second is experiment group. In experiment group we counsel women's from antenatal and women's from Postnatal regarding anatomy and role of CORE 4 muscles. We also teach them the core breath pattern besides in control group we do everything same except core breath pattern with similar Sessions. After some months study we found that control group women's from antenatal and postnatal got more Problems in their pelvic floor muscles means they are more prone to Pelvic Floor dysfunctions besides the experiment group women's with regular core breath pattern in their ADL have well supported PFM and strength is also good. They got less chance to dysfunctions in Pelvic Floor like Incontinence etc. because of proper use of muscle during core breath pattern. So, use of proper counseling

regarding breath pattern during ADL in women's from Menarche to Menopause got amazing results less likely to have Pelvic Floor Dysfunctions [1-4].

### Conclusion

Women's who do core breath properly during ADL and Exercises less likely to have Pelvic Floor Dysfunctions not only core breath but various modalities like bio feedback can be use to increase knowledge of patient identifying pelvic floor muscles during exercises. Just like quadriceps stretching and strengthening we can also isolate PFM. Kegels is not only exercise available but many of symptomatic treatment under physiotherapy available for these sufferings. Proper knowledge of anatomy and physiology and letting the patient understand muscles of pelvic floor and bladder work together. Combination of pelvic floor exercises with breathing under licenced Pelvic physio therapist. Physiotherapy modalities like biofeedback and electrical stimulation also have great impact on muscle awareness. So don't stay silent "think inside the box and treat outside the box". "Being women love women, Being Physio Treat Women's".

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