

(Continued from cover)

diaphragmatic breathing on a daily basis.

5- Avoid Dehydration: Drink plenty of water which prevents urine from becoming too concentrated and irritating the bladder lining which increases bladder pain.

6- To reduce bladder pain, avoid acidic fruit juices, coffee, teas, carbonated drinks and tomato products. Try Prelief to eliminate excess acids from food.

7- Rent a TENS Unit, which provides pain relief. Check with your MD/Physical Therapist about the electrode placement and machine setup for best results.

8- To release endorphins naturally get on a regular cardiovascular exercise program.

9- Place a moist heat pack at lower abdominals 1-3 times/day for 10-15 minutes. Try also putting the moist heat pack on the vaginal area for pain relief. Layer the hot pack properly to avoid burns.

10- Massage your abdominal area once a day.

By Isa Herrera, MSPT, CSCS NEW-NEWS: These Self help tips excerpts adapted from Isa Herrera's current book, Female Pain, which will be released Jan 2008.

*Always consult your physician and physical therapist before beginning any exercise program to make sure this exercise is appropriate for you.

Back Pain Health Tip

Our "Flat Back Rock" exercise is sure to bust up your back pain. Great to do after prolonged walking, sitting, or standing. Excellent for anyone suffering from chronic lower back pain, SI Joint Dysfunction, and a great way to eliminate pregnancy related lower back pain. It's an effective and easy exercise that will stretch your muscles and mobilize the joints of the lower back.



WHAT TO DO:
Start on all fours with hands aligned with shoulders and knees aligned with hips as in photo

HOW TO DO IT:

Keeping your back straight rock back towards heels and then back to starting position. Stay within a pain free range and go slowly. Repeat 5 times.

COMMON MISTAKES:

Keep lower back in a straight position (neutral) avoiding over-arching and rounding.

*Always consult your physician and physical therapist before beginning any exercise program to make sure this exercise is appropriate for you.

By Solange Leitner, MSPT



► Small Changes Can Lead to Big Results for Health

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► Cold Laser: New technology for fast pain relief and speed healing!

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► Back Pain Health: A quick exercise to help relieve lower-back pain.

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physical therapy news YOU CAN USE



Patient Testimonials

○ | "I send my patients to Renew Physical Therapy because I get results."

Dr. Jacques Moritz, MD
Columbus Circle OB-GYN

○ | "After the second session the pain disappeared!"

Maria Cabardo, Lower Back Pain Patient, Jersey City, NJ

○ | "I just finished working with Isa - so personable and full of great ideas. Can't believe more people don't know about this treatment, it makes such a difference in one's life!"

Molly Greening
Pre-Natal Patient, NYC

The Pain Down There: Sexual & Bladder Pain Self-Help Tips:

Chronic pelvic pain (CPP) is characterized by pain in the lower abdomen and pelvic area that has been present for at least six months. These conditions have names such as Vulvodynia, Interstitial Cystitis, Vestibulitis and Dyspareunia.

Many women and men suffering from chronic pelvic pain, bladder and sexual pain conditions are desperate for relief. Chronic pelvic pain, or

CPP, is characterized by pain in the lower abdomen and pelvic area that has been present for at least six months. These conditions have names such as Vulvodynia, Interstitial Cystitis,

Vestibulitis and Dyspareunia. The pelvic floor muscles are commonly involved in CPP. The pelvic floor muscles like other muscles in the body respond to constant pain by becoming hyperactive, often developing spasms and triggerpoints in them. These muscles support the uterus, bladder and other pelvic organs and when they become dysfunctional many women

and men experience symptoms such as painful sex and painful urination.

As a physical therapist that treats these types of conditions, I have discovered ways to reduce pain and keep it under control using natural methods and simple lifestyle changes.

10 Recommended Self-Care tips for Bladder and Vaginal pain



1- To relieve pelvic pain and spasms take hot baths twice a day for 15 minutes or try "sitz baths."

2- Practice stretches that are directed on opening up hip & back muscles such as inner thigh, hamstrings, gluteal and

lower back. Stretching will help release the tension in your pelvis. Also try a gentle yoga class also.

3- Avoid constipation and pushing urine out, pushing adversely affects the pelvic floor muscles, which leads to more pain and spasms.

4- Practice relaxation techniques and deep

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Small Changes Can Lead to Big Results for Health

Americans spend 50 billion dollars a year on diet books, pills and programs. For some you, the extra weight took you by surprise. You have become a victim of "weight creep". As a nutritionist, I find that people make the most improvements to their health when they focus on smaller, more manageable goals and don't think of themselves as being on a diet.

Here are five simple ways to prevent weight creep:

Get Active

Walk 10 minutes to work, 10 minutes at lunch and 10 minutes to your home. Get off the subway a stop earlier. Take the stairs. Find excuses to move.

Never Skip Breakfast

You've been in sleep mode for 8 hours or more. You need to wake up your body's calorie-burner-your metabolism.

Don't Drink Your Calories

Stop all coffee drinks-iced or otherwise, all lemonades and iced-teas and even those large glasses of juice should go- instead eat a piece of fruit

Have at Least 3 Snacks

Why? Snacks between meals will keep your blood sugar even, giving you more energy throughout the day.

Choose Wisely

You want to feel full? The next time you're ready to grab those chips, have either lean protein (chicken breast, turkey, egg whites, tuna) or a high-fiber food (fresh fruit, any and all veggies, and whole-wheat crackers, bread or cereal) or both together.

By Maria Pari-Keener, MS RD CDN: NEW NEWS: This fall Maria will be at Renew PT offering nutritional counseling.

No Meds C-Section Pain Break

C-Sections take time to heal, are painful and sometimes keloid (raised scars). We use our cold laser therapy to heal C- section scars from the inside out. One of the great properties of this laser is increases collagen production, a very important substance that will allow your scar to heal better. Another great thing is that laser therapy helps to release endorphins so pain relief is achieved in a more natural way without drugs. This is important for new moms who do not want to use pain meds because they are breast feeding could pass pain meds through their breast milk to their baby.

BEFORE



AFTER



41 year old woman who had a C-section with her first child.

The following scar photos are of a 41 year woman who had a C-section with her first child. At my first visit, her scar was oozing a yellow pungent smelling discharge and the scar was beginning to keloid. It was healing poorly. After the first treatment the scar changed colors right before my eyes going from yellow to pink by the 7th treatment the oozing had stopped and the scar had begun to flatten out.

By Isa Herrera, MSPT,CSCS

THE LIGHT THAT HEALS: & Steals Pain Away

Many of you reading this article suffer with certain annoying painful spots that can be found anywhere in the body such as the neck, back and feet. Many of you have also sought care and even received steroid injections for them. A more natural and painless way to treat and eliminate these painful myofascial triggerpoints or painful muscular spasms/knots is to get a series of cold laser treatments.

Cold low level laser therapy has been used for decades in Asia and Europe and approved by the FDA in 2003 in the United States. At Renew Physical Therapy we use this great "energy medicine" to treat painful myofascial triggerpoints (MFTP). We are seeing amazing results especially in our pelvic pain patients. Patients are reporting better sitting ability, less pain at work and ability to sleep through the night. When we use laser therapy in combination with a stretching and a re-conditioning program, many of our patients experience complete resolution of their pain. Depending on the area of the body and length of time you've had your pain, you'll feel less pain in as little as 1-8 sessions.

By Isa Herrera MSPT, CSCS Call about our FREE Laser Clinics



Mental Hygiene For a Better You



At first TM will be difficult to do, but with practice you will master TM in no time. Start with 5 minutes a day and work up to 2 twenty-minute sessions.

By Lisa Zurndorfer, LCSW. NEW-NEWS: Lisa will be heading our Vulvodynia Help Group Starting in October. Call us for more information.

Transcendental Meditation (TM) is a simple yet powerful mental technique used to settle the mind, improve mental health and reduce physical pain. TM has been shown to lower cholesterol, reduce stress, reduce blood pressure and improve heart function. TM involves sitting or resting quietly, often with eyes closed and focusing on the silent repetition of a word (mantra), a sound or the feel of your own breathing. Many of you when you experience pain either hold the breath or breathe shallowly, limiting oxygen to the tissues, which results in more pain. For maximum benefits incorporate TM with breathing techniques First master diaphragmatic breathing, then add the yogic breath.

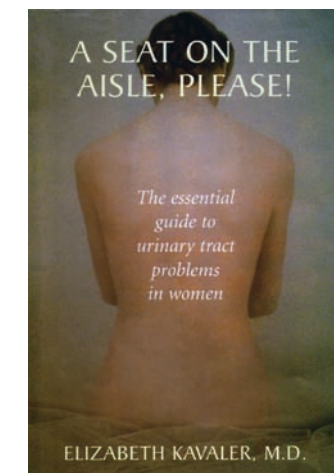
Diaphragmatic Breathing: Place hand on upper abdomen just under your ribs. Breathe slowly feeling your abdomen and ribs expand with your in breath and feel your abdomen contract as you exhale. Once you have mastered this type of breathing add the yogic breath. **Yogic Breath:** A 3-part breath which includes filling the belly (diaphragmatic breathing), lungs and chest as you inhale and completely emptying the belly, lungs and chest as you exhale.

Special Feature

Dr. Elizabeth Kavaler's book "A Seat on the Aisle Please" is a must-read for all women.

This book gives women essential medical information on urinary tract disorders including bladder prolapse, incontinence, urinary leakage, bladder pain and infections. Written in a manner that is simple to understand, Dr. Kavaler's book is empowering for all women who want to learn more and have more say in their healthcare choices. This book also covers current treatments, along with the very important topic on how to go about getting proper diagnosis and treatment.

Kudos to Dr. Kavaler for writing such complete women's health resource. Available at amazon.com



What's New: at Renew Physical Therapy

Renew Physical Therapy is now offering specialized classes at two convenient locations. Some of the classes include "Vaginal & Bladder Fitness Class", "Femphysique Lecture Series", "Open Laser Clinics", "Vulvodynia Self Help Groups", "EFA Testing".

Call now to see how you can receive a free pass.

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