

Incontinence And Lower Back Pain: Inseparable Conditions?



Incontinence and lower back pain are prevalent in industrialised countries. In fact, urinary incontinence affects nearly one in every three women and it is estimated 70% to 85% of people will experience lower back pain at some time in their life.

Recent research, using a database of 38,000 women, by physiotherapists at the University of Queensland has shown incontinence and back pain are related. Women with incontinence are significantly more likely to report back pain than women with no history of incontinence. A further study, which followed women for between two and four years, suggests incontinence increases the risk of developing back pain and conversely, back pain increases the risk of developing incontinence.

The pelvic floor muscles and abdominal muscles are involved in the maintenance of continence. However, these muscles are also important in providing spinal stability. Research studies suggest there is similar

alteration of activation of the abdominals and pelvic floor muscle patterns in both lower back pain and incontinence patients.

Bearing in mind this research, the importance of comprehensive assessment of people with either of these conditions is essential. Physiotherapy designed to improve control and co-ordination of the pelvic floor and abdominal is the frontline attack to both of these conditions.

Considering only 35% of all women perform a pelvic floor muscle contraction correctly, it may well be worth visiting a women's health physiotherapist who can test by manual examination and with real time ultrasound and teach the correct contraction of the pelvic floor in order to ease your back pain.

Julie Faulks :: Orthopaedic Manipulative Physiotherapist :: Proactive Physiotherapy [Formerly Julie Faulks and Associates] :: 4053 6222



The Dare Challenge: Take Control Of Your Life

Have you seen the movie *Groundhog Day* with Bill Murray? That was how I was living my life years ago. I found that all I was doing was going to work, coming home, eating, sleeping and then back to work. I was on autopilot, living the same day over and over again like a broken record.

What changed? I went to a funeral. Strange I know. However it was a clear reminder that we only get one life. One day it'll be all over, therefore we need to wake up and pay attention to how we are living our life and ask ourselves – is this how I really want to live my life? If not, what do I want instead?

Think about it:

- Do you want to immerse yourself in nature more?
- Do you want to be more creative in your work?
- Do you want to be more spontaneous and roll around on the floor with your kids or your pets playfully?
- Do you want to travel, explore and experience new things?
- Do you want to snuggle, laugh and relax more?

The choice is yours. If you want a fresh start, follow these five steps:

1. Be curious – treat life like a treasure hunt and explore what lights your fire and fills your body with enthusiasm – discover your passions.
2. Be imaginative – envision your ideal day and get emotionally excited about it.
3. Be organised – create a vision and an action plan. A journey of a thousand miles begins with one single step.
4. Be powerful – empower your mind with beliefs that drive you forward.
5. Be grateful – appreciate your life now – vibrant butterflies, green luscious trees and a roof over your head.

Remember there are two times in life – now or too late. Choose to live it now and do as Oscar Wilde said: "life is too important to be taken seriously".

Deborah Storer :: Breakfree – Live With Passion :: 1300 548 348

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