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Gladder Bladders

Urinary incontinence (UI) is no laughing matter (no pun intended). Women of all ages are affected. I read a study of female college athletes in which 28% reported UI during sports. Americans spend over a billion dollars per year on disposable incontinence garments.

The pelvic floor is comprised of 3 layers of muscles that connect to the sacrum, coccyx, hips, and the rim of the pelvis. These are amazing muscles that hold up our reproductive and digestive organs. Weakened or imbalanced pelvic floor muscles can contribute to UI and pelvic pain.

In October, I participated in a 3 day training taught by physical therapists specializing in female pelvic floor therapy. For 23 years I've provided annual gynecological physicals. This training is just what I needed to combine my naturopathic approach to treatments for reproductive and incontinence concerns. There's so much more we can do besides Kegel's. With an examination I can determine what exercises will strengthen the pelvic floor. Sometimes stretches or muscle work of the back, abdomen, and thighs are needed. Every woman requires a different approach to incontinence because her history of childbirths, surgeries and hormone status contributes to her current situation. I'm grateful to learn that for many women there more natural options for pelvic health besides diapers, surgery and medications. I look forward to helping women have Gladder Bladders!