

Muscle Building to Muscle Maintenance

From a 2014 study of over 800 women with various pelvic floor symptoms, **it was determined that at six months, when most of the women had achieved a 75% to 100% improvement in muscle strength and/or decreased muscle spasm, transitioning to the following instructions was effective...**

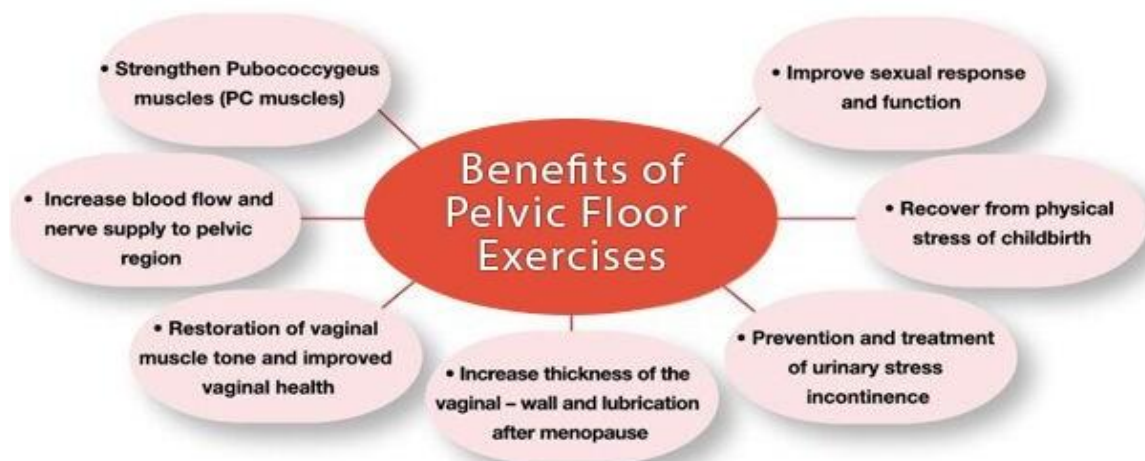
... Continue with same exercise prescription, but perform an average of only once per day

This is because of muscle memory which exists in all skeletal muscles. **When repeating a movement over time, a long-term muscle memory is created for that task, eventually allowing it to be performed without conscious effort.** Muscle memory describes the observation that various muscle related tasks seem to be easier to perform after previous practice, even if the task has not been performed for a while. It is as if the muscles “remember”.

- Following the instructions provided by the Pelvic Floor Specialist, the average person reports mild improvement in 3 to 4 weeks and significant improvement in 3 to 6 months. The first sign of improvement is that you are not getting worse :)
- The 1st 6 months is a Muscle Building Phase, and at 6 months a transition to Muscle Maintenance occurs - averaging 30 minutes monthly of pelvic floor exercises. "The Principle of Reversibility" dictates we lose the effects of training when we stop working out but make gains again when we resume.
- Pelvic Floor Therapy is most successful for individuals seeking conservative, drug-free, non-surgical solutions to resolve their pelvic floor issues and are committed to 3 to 5 minutes daily to exercise.
- Occasionally patients return for tune-up sessions, but if you continue to perform your exercise prescription, this isn't required.
- If muscle spasms return with compliance of exercise, a home stimulation unit may be considered.

Email Stephanie at sliddell@ihcsystems.net

Cell: 678-467-1105



Your Voice Matters!

Many women are suffering from symptoms related to the condition of their pelvic floor. Most suffer in silence, waiting an average of 6.5 years to ask for help.

Our MISSION is to change that!

If Pelvic Floor Therapy helped you, please consider sharing your results(no need to tell your name) and bring hope to someone else.

How to Leave a Review:

- Go to www.pelvicfloorththerapy.com
- Click 'Patient' tab
- Click 'Leave a Review'



Empowering Women. Restoring Hope.