



‘Ever increasing circles’

Jeanette & Jo

The ever increasing circles

- Haslam Hypotheses:
 - the circles of knowledge
- Laycock RoC

1948

Dame Josephine Barnes

Woman's Hour re the menopause
- symptoms and solutions

Memo from controller

‘We do not wish to hear about hot flushes and diseases of the ovaries at 2’o clock in the afternoon. The women in my office agree.’ (Murray, 2008)

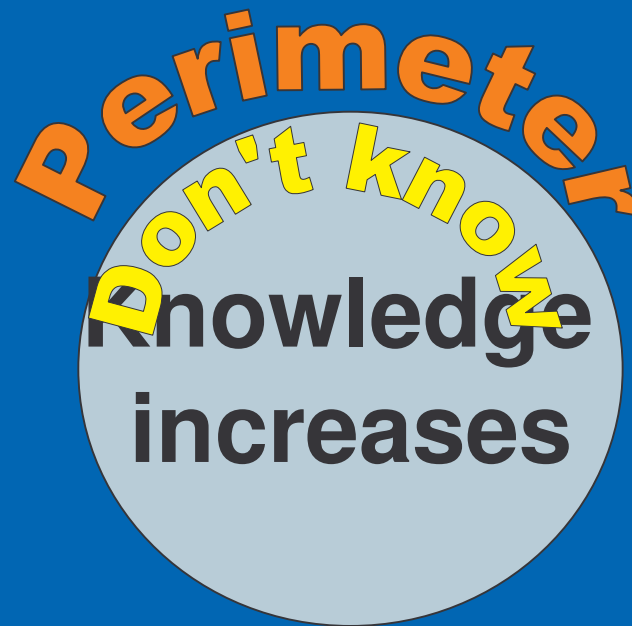
Pedigree

- 1948: Obstetrics Physiotherapy Association
- 1961 Obstetric Association of Chartered Physiotherapists (OACP)
- 1978 Association of Chartered Physiotherapists in Obstetrics and Gynaecology (ACPOG)
- 1994 Association of Chartered Physiotherapists in Women's Health (ACPWH)
- 2008

Haslam **1st** hypothesis of circles

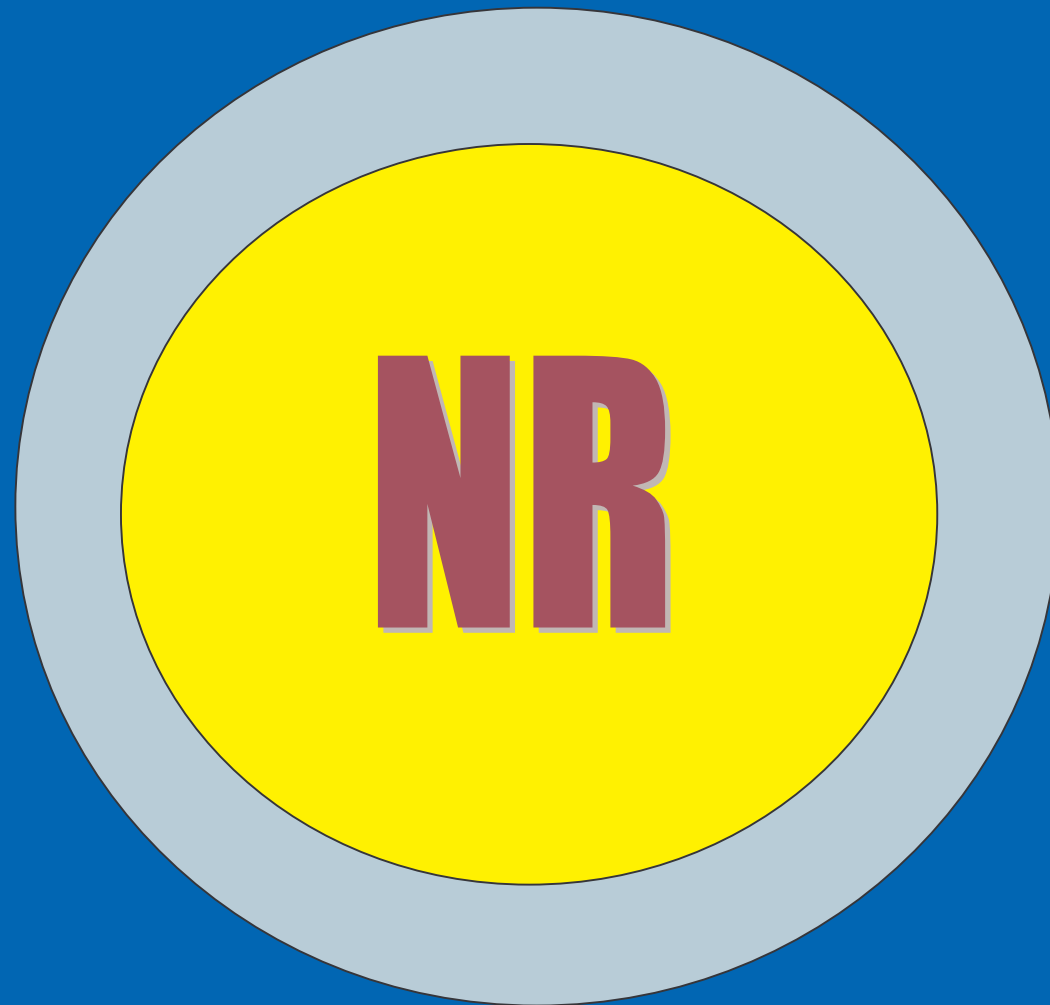


Haslam **2nd** hypothesis of circles

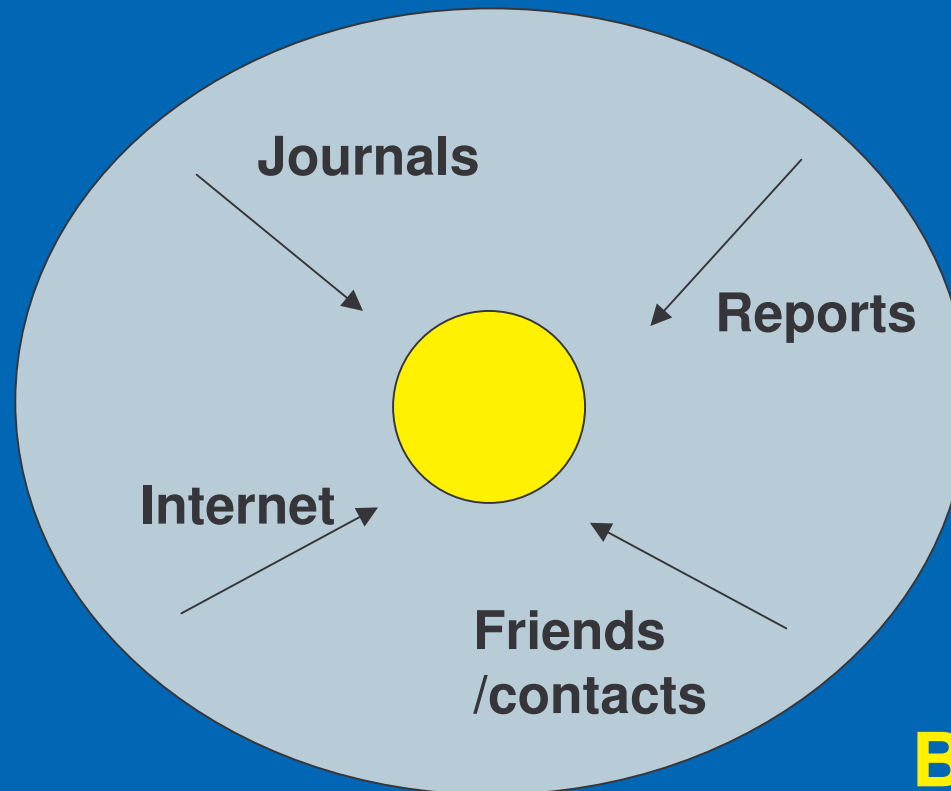


Education, Reading, Research, contacts

3rd Hypothesis – the break out!



3rd Hypothesis -education to the rescue



But beware

Research???

Take time to deliberate but when the time for action arrives stop thinking and go in

Napoleon Bonaparte

Cerruto MA, Vedovi E, Mantovani W

- **Women pay attention to shoe heels: besides causing schizophrenia they might affect your pelvic floor muscle activity!!**

Eur Urol. 2008 May;53(5):1094-5.
Epub 2008 Jan 24

Department of Biomedical and Surgical Sciences, Urology Clinic, University of Verona, Italy.

Stiletto Heels

- News item BBC
- Major story in newspapers and internet
- ABC News: “We now hope to prove that wearing heels during daily activity may reduce the need for pelvic exercises,” says Dr. Cerruto.

- The TIMES February 3, 2008

‘Scientists have discovered’

‘Stiletto take women’s sex life to higher level....’

‘High heels can tone your legs and strengthen pelvic muscles, but anything higher than five inches lacks elegance’

Reported in the papers/news stories

- N= 66 women under 50yrs
- Those who held their foot at a 15 degree angle to floor (two inch heel) - had as good posture as those who wore flat shoes.
- Crucially, they showed less electrical activity in their pelvic muscles suggesting they were at an optimum position, which could improve their strength and ability to contract.

Heel height

- Position /statistical significance analyses?
- Median resting EMG PF activity not significantly different
 - incontinent 31-33 microvolts
 - continent 27-28 microvolts
- Median max EMG PF activity
 - incontinent -gradual increase with heel height
 - continent - 2- 2.4 cm(1”) heel height then <

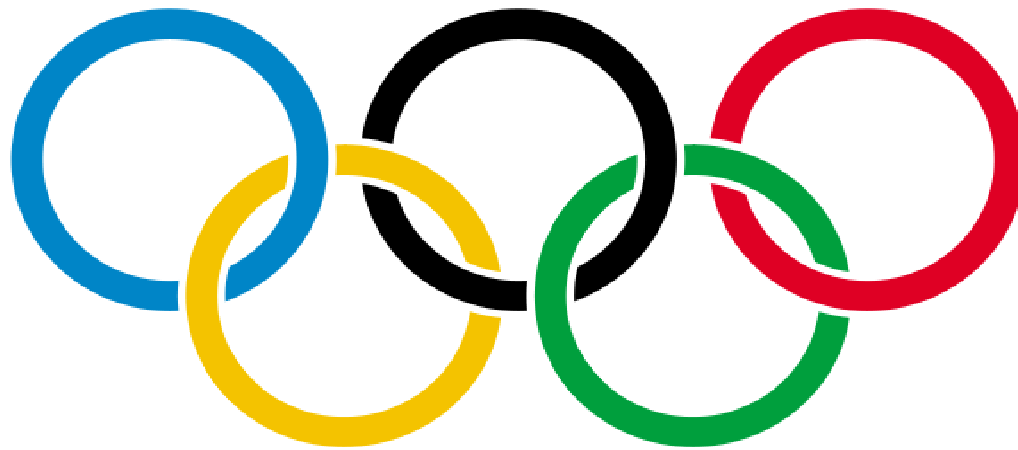
Reason for 'research'

Dr Cerutto :

- 'A few months ago, when I read the article in Daily Mail (29 October 2007) concerning the hypothesis that heeled footwear might cause schizophrenia, I jumped in my chair terrified. Why? Because as many other women, I like heeled shoes and although they are sometimes uncomfortable, I continue to wear them in an effort to appear more slender and taller.As paladin of all women who love heeled shoes, I tried to find something healthy in them, and at the end I reached my goal.'

- Increasing research evidence – quality?
- More research to do
- Vast amounts of literature
- Lots of organisations
- Education underpins all skilful practice
- Co-operation is essential

Olympic Motto: Faster, Higher, Stronger



Ever increasing circle of
colleagues



Ever increasing circle
of friends

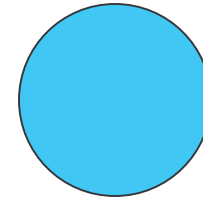
Ever increasing circles

More circles (rings)

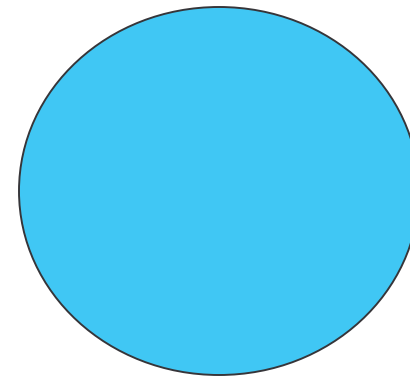
Rings of Continnence

Rings of Continnence (RoC) (vertical plane)

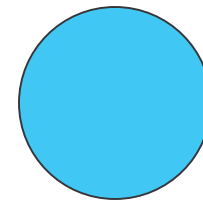
Urethra



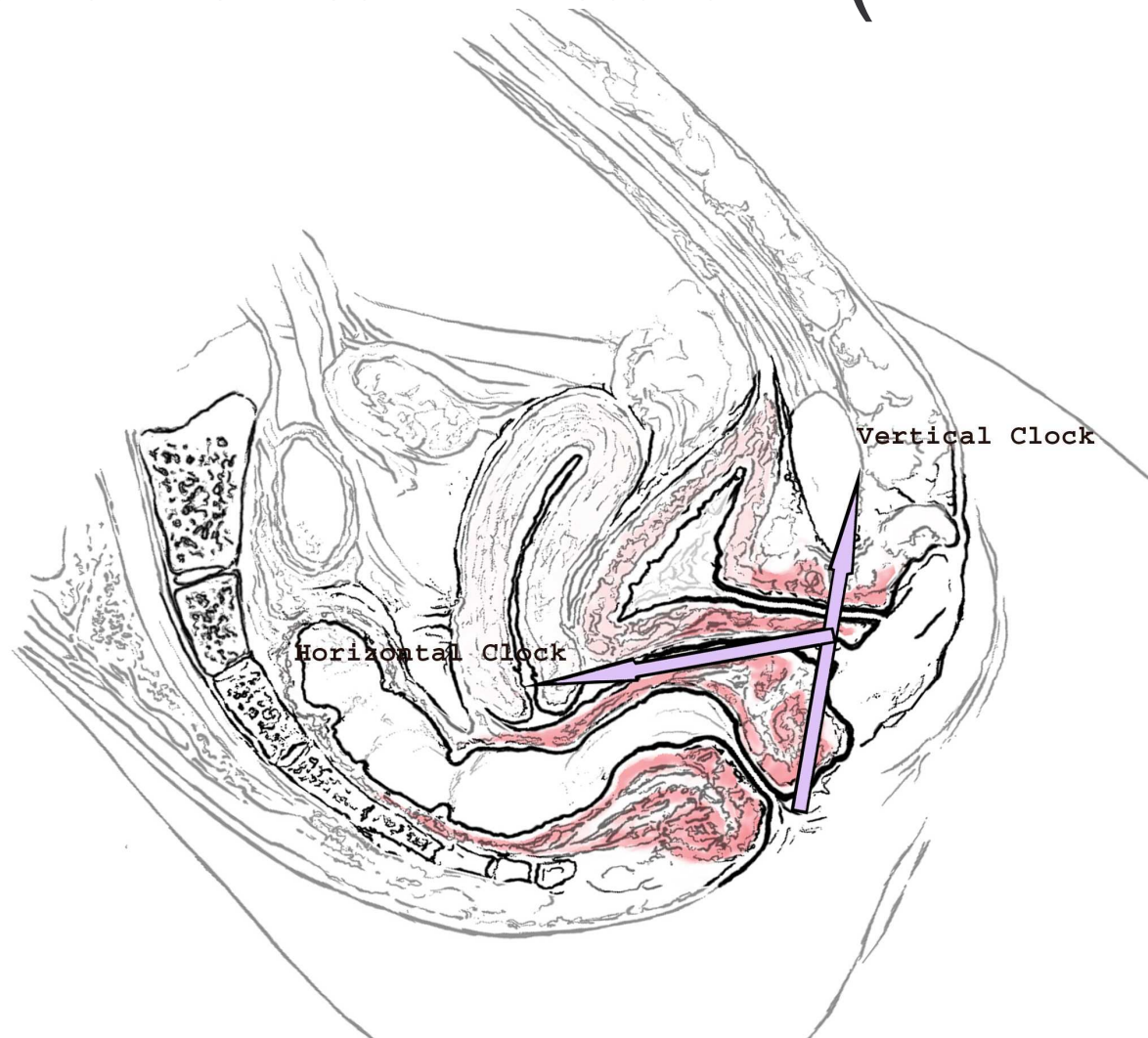
Vagina



Anal canal



Planes of examination (Whelan 2008)



J Laycock

2 planes of PFM examination (PV)

Vertical plane

12 o'clock - symphysis
pubis

6 o'clock - perineal
body

4 o'clock & 8 o'clock -
pubococcygeus
palpated by distal
pad of flexed finger

Horizontal plane -

(finger fully extended)

12 o'clock - coccyx

6 o'clock - perineal body

4 o'clock & 8 o'clock -
pubococcygeus palpated
at base of finger

10 o'clock and 2 o'clock -
iliococcygeus - distal pad

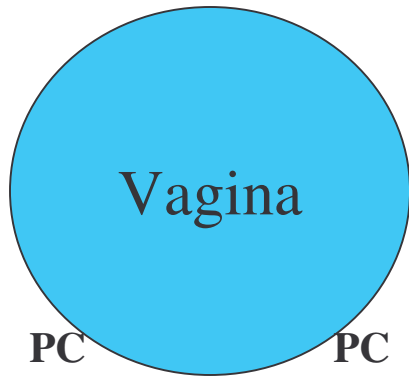
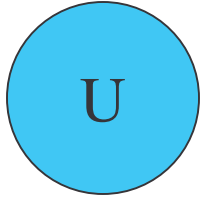
Exercise F

Rings of Continnence (RoC)

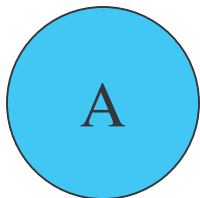
Vertical plane

Horizontal plane

symphysis pubis



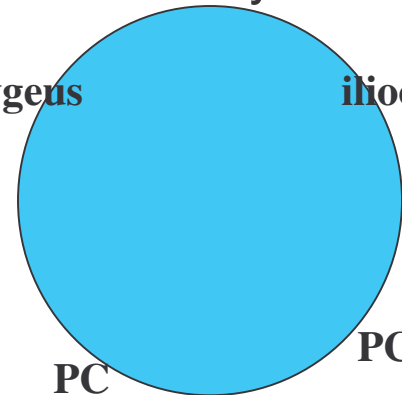
perineal body



COCCYX

iliococcygeus

iliococcygeus



perineal body

PC = pubococcygeus.

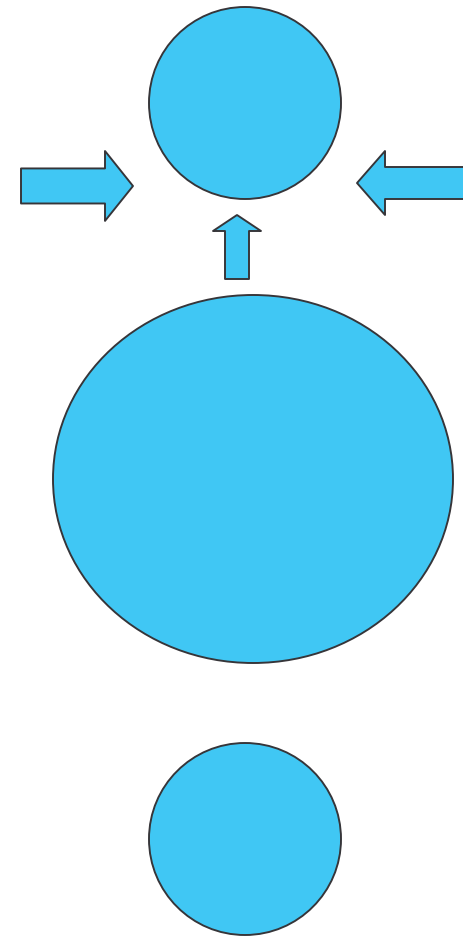
Moving on to the urethral muscles

Rings of Continnence (vertical plane)

Urethra

Vagina

Anal canal



PFM strength

Oxford scale (modified)

0 - nil discernible

1 - flicker

2 - weak

3 - moderate

4 - good

5 - strong

ICS scale

A - absent

W - weak

N - normal

S - strong

Relaxation

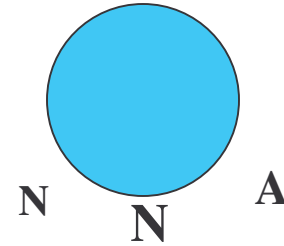
Absent

Partial

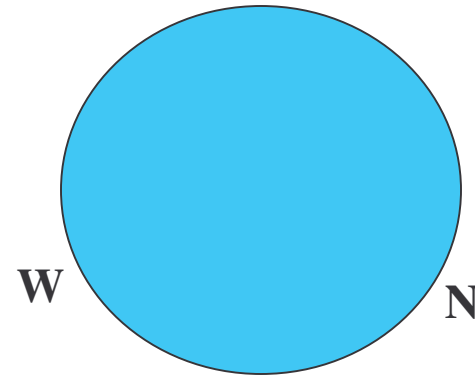
Complete

RoC vertical plane- ICS scale

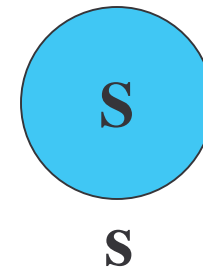
Urethra



Vagina



Anal canal



J Laycock

What am I palpating during a VE?

At rest and during a muscle contraction:-

- Normal muscle
- Denervated muscle
- Damaged muscle
- Inhibited muscle/hypoactivity
- Overactive muscle /hyperactivity (non-relaxing)

Muscle state

- Denervation
- Muscle damage/loss of muscle fibres
- Inhibition
- Overactive

Evidence

- Evidence of re-innervation/gap in muscle bulk
- Scar tissue/gap in muscle bulk
- Feels fibrous/tendinous; does not lift on contraction
- Feels taut; muscle release not maximal