
IRRITABLE BOWEL SYNDROME

definition

Irritable Bowel Syndrome (IBS) is the name for a cluster of GI symptoms that often - but not always - occur together. These include abdominal pain and cramping, diarrhea, or constipation.

symptoms

The primary symptom of IBS is either diarrhea or constipation, and it may include both. Abdominal pain and cramping is also common, along with bloating, gas, the urgent need to go, or pain/straining with a bowel movement.

diagnosis

IBS is a blanket description of symptoms that occur in the absence of another disease or GI damage. There is often an underlying cause of IBS, which can include SIBO, pelvic floor dysfunction, or another underlying issue causing GI upset.

treatment

A multi-disciplinary approach is crucial to resolving IBS and GI symptoms. This can include changes in diet, probiotics, medication, and physical therapy.



physical therapy for gut health

Physical therapy can play an important role in gut health. Trigger points or adhesions on the abdomen can cause or exacerbate pain and cramping. Scar tissue can inhibit the mobility of the abdomen or intestines and be an underlying cause of IBS.

The pelvic floor muscles govern our bowel movements, and if they are overly tight or strained may not be able to relax. This is a common cause of constipation, incomplete emptying, and pain/strain with bowel movements. Physical therapy can also relieve related symptoms, including constipation, pelvic pain, low back pain, and urinary symptoms.

physical therapy for GI health

PHYSICAL THERAPY CAN BENEFIT PATIENTS WITH GI ISSUES IN SEVERAL DIFFERENT WAYS, AND IS AN IMPORTANT PART OF A MULTI-DISCIPLINARY APPROACH

Visceral techniques can improve function of the ileocecal valve, which connects the small and large intestine, and overall mobility of the intestines, liver, and stomach.

VISCERAL MOBILIZATION

Myofascial techniques can relieve abdominal pain and discomfort by releasing tender points, clearing inflammation, and restoring circulation.

MYOFASCIAL RELEASE

Stimulating the lymphatic system helps clear bloating, inflammation and waste from the abdomen.

LYMPHATIC DRAINAGE

Tight pelvic floor muscles often accompany IBS, and they can be causing or contributing to constipation, urinary symptoms, low back pain and pelvic pain.

PELVIC FLOOR TREATMENT

Gentle movements like walking or swimming can help IBS, but some patients are unable to do these because of orthopedic pain in the hips, knees, or feet.

ORTHOPEDIC PAIN

Improving the function of the diaphragm and pelvic floor affects intra-abdominal pressure, which can reduce cramping and pain

PRESSURE SYSTEM