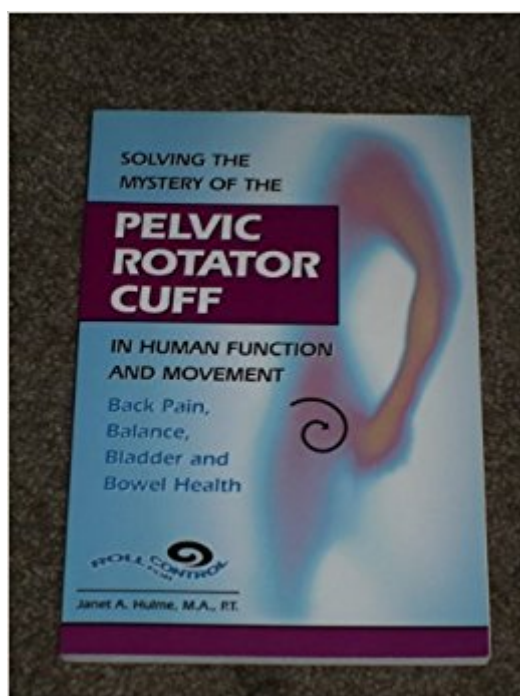


The book was found

Solving The Mystery Of The Pelvic Rotator Cuff: Back Pain, Balance, Bladder And Bowel Health



Synopsis

The Pelvic Rotator Cuff is a concept of muscle and fascial support similar to the shoulder rotator cuff. It is located deep in the pelvis and provides essential support for internal organs; stability for the sacroiliac, symphysis pubis, lumbosacral and hip joint structures; and dynamic stability for upright stance and walking. Muscles included in the Pelvic Rotator Cuff are the obturator internus and externus, pelvic and urogenital diaphragms, external anal and urethral sphincters and hip adductors. Understanding the form and function of the Pelvic Rotator Cuff is a major key to diagnosing and treating pelvic musculoskeletal and urogenital dysfunction. From early childhood development that enables standing and walking as well as bowel and bladder control to the deterioration of the system with aging, this book provides an understanding of how to treat Pelvic Rotator Cuff dysfunction to minimize problems in low back, hip, knee and ankle dysfunction as well as standing and walking, and bowel and bladder control.

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Customer Reviews

An amazing and ultimately useful look into the deepest muscles of the pelvis and how they function to improve essential functions of bladder and bowel continence and standing balance. The exercises are so helpful with the children I treat as well as the adult population, both men and women. --R. Poorta

Janet A. Hulme PT is a key clinician in this field of research. She writes with authority and clarity about a part of the body she has studied for over 25 years. Her education from Stanford University and experience as a professor of Physical Therapy and clinician specializing in Women's Health

and Bladder and Bowel Health for over 35 years led to her research in the Pelvic Rotator Cuff and its essential functions within the pelvis and lower extremities.

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Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1)
Healthy Shoulder Handbook: 100 Exercises for Treating and Preventing Frozen Shoulder, Rotator Cuff and other Common Injuries
Treat Your Own Rotator Cuff
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