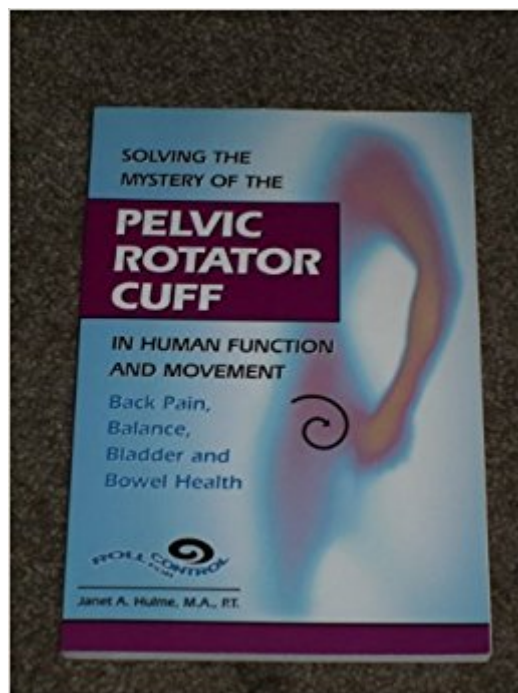




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Solving The Mystery Of The Pelvic Rotator Cuff: Back Pain, Balance, Bladder And Bowel Health



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.

Book Information

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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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Solving the Mystery of the Pelvic Rotator Cuff: Back Pain, Balance, Bladder and Bowel Health The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback 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 Surgical Management of Pelvic Organ Prolapse: Female Pelvic Surgery Video Atlas Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series) Ending Male Pelvic Pain, A Man's Manual: The Ultimate Self-Help Guide for Men Suffering with Prostatitis, Recovering from Prostatectomy, or Living with Pelvic or Sexual Pain The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis and Chronic Pelvic Pain The Interstitial Cystitis Solution: A Holistic Plan for Healing Painful Symptoms, Resolving Bladder and Pelvic Floor Dysfunction, and Taking Back Your Life Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) Conquering Irritable Bowel Syndrome: Essential Tips to Prevent, Manage, and Eliminate IBS Forever (Irritable bowel syndrome, Irritable bowel, IBS, IBS diet, stomach problems Book 1) Irritable Bowel Syndrome: The Ultimate Solution To Your Bowel Syndrome And Stomach Problems (IBS, Bowel Diet, Gastroenterology, Digestion) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without Surgery (All Other Health) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without (All Other Health) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Atlas of Pelvic Anatomy and Gynecologic Surgery, 3e (Baggish, Atlas of Pelvic Anatomy and Gynecologic Surgery) Vaginal Surgery for the Urologist: Female Pelvic Surgery Video Atlas Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series) Pelvic Floor Dysfunction and Pelvic Surgery in the Elderly: An Integrated Approach Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga,

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