

opto exclusive

Women's Waterworks: Curing Incontinence

This world wide best-seller from Dr. Pauline Chiarelli, PT, is specifically written for women affected by stress, urge or frequency incontinence. By focusing on the pelvic floor region, the booklet takes a comprehensive approach to treatment and prevention. Illustrated. Booklet, 60 pages.

Women's Waterworks: Curing Incontinence (#8612).....**\$4.50**



new!

Beyond Kegels

Beyond Kegels, the third edition, is your guide to having healthy bladder and bowel function from childhood through the maturing years. This program has been effective with men, women and children and includes:

- The most effective conservative techniques for bladder & bowel function
- New illustrations
- Easy to follow self-guided program
- Exercises and information to prevent and treat incontinence

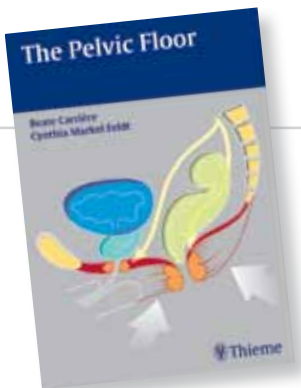
Beyond Kegels, 3rd ed. (#819-3) **\$14.95**



Pelvic Muscle Therapy Program

(PMTx) is a biofeedback device designed specifically for women. It helps to identify and strengthen weak pelvic floor muscles. Using the PMTx to isolate and train the pelvic floor muscles can help improve continence, pelvic floor strength and proprioception. Instructional DVD, training manual and a carrying bag are included. Non-returnable.

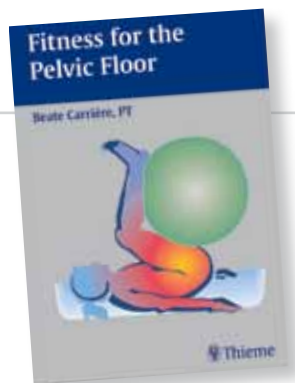
Pelvic Muscle Therapy Program/PMTx (#309) **\$53.50**



The Pelvic Floor

This book by Beate Carriere, PT, is an essential resource for therapists and patients dealing with the challenges of pelvic floor dysfunction. This groundbreaking text brings together an international team of world-renowned experts in the treatment of urinary incontinence and sexual dysfunction. Using concise text, clear illustrations and helpful photos, the authors present all phenomena associated with pelvic floor dysfunction. Also covered is a detailed overview of the anatomy and physiology of the pelvic floor followed by state-of-the-art diagnostic and treatment strategies. Softcover, 496 pages.

The Pelvic Floor (#8572).....**\$79.95**



Fitness for the Pelvic Floor

Written by Beate Carriere, PT, this book is an essential resource for therapists and patients dealing with the challenges of pelvic floor dysfunction. This text explains pelvic floor functions, exercises for activation and relaxation of the pelvic floor as well as its correlation with breathing and abdominal muscle training. Learn how to evaluate incontinence problems and develop appropriate treatment strategies for specific situations using male and female evaluation forms. Patients may continue therapy at home using the book as an exercise guide. Illustrated. Softcover, 112 pages.

Fitness for the Pelvic Floor (#8571).....**\$44.90**



Exercises for the Pelvic Floor

Now on DVD, this clear, easy-to-use resource from Beate Carriere, PT, provides strengthening exercises on the ball for patients suffering from stress or urge incontinence. Content focuses on the anatomy of the pelvic floor and includes:

- Sitting Exercises
- Dynamic Bouncing
- Resistance Exercises

DVD runtime approximately 20 minutes.

Exercises for the Pelvic Floor DVD (#957DVD).....**\$19.95**



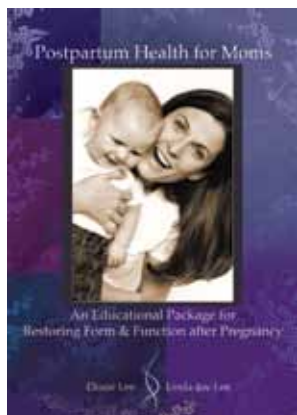
The Female Pelvis

The book by Blandine Calais-Germain explains the anatomy of the pelvis and provides exercises to keep it healthy. It begins with a description of the functional anatomy of the pelvis and how it responds to pregnancy and childbirth. This is followed by a series of specific exercises to increase the flexibility, strength and coordination of each of the pelvic functions. Illustrated. Softcover, 159 pages.

The Female Pelvis (#8575).....**\$24.95**



Blandine Calais-Germain
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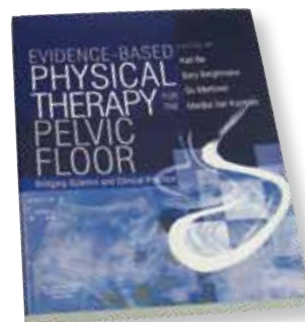
HEALTH CLINICIAN'S POSTPARTUM PROGRAM

Postpartum Health for Moms – Restoring Form & Function after Pregnancy Education Package on CD-ROM

This updated package provides the clinician high-quality presentation tools and evidence-based information to facilitate delivery of an education and exercise program for postpartum women. The 2nd edition is co-produced by Diane Lee & Linda-Joy Lee and contains new information, pictures, drawings, exercises and more. This video integrates the latest research on 'core stability', bladder health, optimal toilet habits and incontinence. The CD-ROM contains: a detailed PowerPoint lecture, a printable client workbook, reference lists and two articles on Stress Urinary Incontinence. Whether your goal is to run a group postpartum program or to improve your one-on-one client care, the material in this package is extremely useful for working with postpartum women of any age. Non-returnable.

*Postpartum Health for Moms** (#9772CD)..... **\$75.00**

** Requires Microsoft Powerpoint 2003 or newer and Adobe Acrobat Reader*



Evidence-Based Physical Therapy for the Pelvic Floor

The book bridges the gap between research and clinical practice in physical therapy for pelvic floor dysfunction. Each treatment chapter focuses on evidence-based rationales for the treatment and RCTs (appraisal of effectiveness), linked to the implications for clinical practice along with procedural recommendations. Includes:

- Detailed treatment strategies – pelvic floor muscle training, biofeedback and electrical stimulation
- Special groups – men, children, elite athletes, the elderly, pregnancy, neurological diseases
- Detailed illustration of pelvic floor anatomy and related neuroanatomy/neurophysiology
- MRIs and ultrasounds showing normal and dysfunctional pelvic floor
- Strategies to reduce drop-out in conservative treatment

Illustrated. Softcover, 421 pages.

Evidence-Based Physical Therapy for the Pelvic Floor (#8171) **\$82.95**



PATIENT EDUCATION

Postpartum Health for Moms: Video CD-ROM for patients

Low back and pelvic pain, a leaky bladder and a sagging uterus do not have to be permanent sacrifices of childbirth. Diane Lee explains why these things happen during pregnancy and provides exercises to restore strength. This program is designed for the general public and includes an illustrated booklet. 40 minutes.

Postpartum Health for Moms/Videos on CD-ROM (#976CD)..... **\$15.00**

also see: Diane Lee products
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Mother-To-Be®

This patented retention belt prevents distortion of the lumbar curve by transferring the weight of the extended abdomen from in front of the center of gravity, back to the spine and over the pelvis. The abdominal lift pad expands to accommodate growth. The Mother-To-Be® retention belt can be ordered with or without an insert (see table). The belt without an insert is designed for those whose pregnancy-related symptoms do not require the same degree of back support. Clinically proven safe and effective. Non-returnable. Contains latex.

Mother-To-Be®

| Size | Dress Size* | with Insert | Price | w/o Insert | Price |
|------|-------------|-------------|----------------|------------|----------------|
| S | 3-8 | #7501..... | \$48.95 | #755 | \$34.75 |
| M | 9-14 | #7502..... | \$48.95 | #756 | \$34.75 |
| L | 15-18 | #7503..... | \$48.95 | #757 | \$34.75 |
| XL | 19-21 | #7504..... | \$56.15 | #758 | \$38.70 |

**(To fit: use dress size before pregnancy)*

also see: Maternity SI-LOC®
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