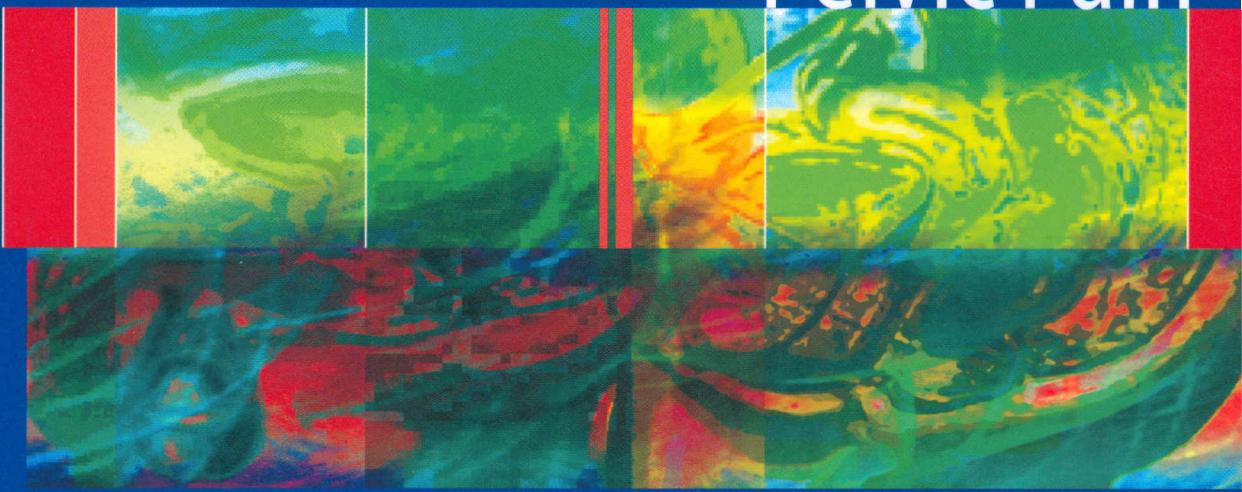


Jeanette Haslam
Jo Laycock *Editors*

Therapeutic Management of Incontinence and Pelvic Pain



Pelvic Organ Disorders
Second Edition

Foreword to the 1st Edition	vii
Foreword to the 2nd Edition	ix
Preface to the 1st Edition	xi
Preface to the 2nd Edition	xiii
Acknowledgments	xv
Contributors	xxi

Section 1. Urinary Incontinence in Adults and Children with Bladder and Bowel Disorders

1 Prevalence of Urinary Incontinence <i>S Elnail</i>	1
2 Anatomy <i>UM Peschers and JOL DeLancey</i>	9
3 Epidemiology of Urinary Incontinence <i>M Spiteri and V Khullar</i>	21
4 Physiotherapy for Children with Bladder and Bowel Disorders <i>WF Bower</i>	27
5 The Ageing Lower Urinary Tract <i>AS Wagg</i>	33
6 Assessment and Treatment of Urinary Incontinence in Neurologically Impaired Patients <i>ML Kujawa and CD Betts</i>	41
7 Patient Assessment <i>J Laycock, MM Whelan, and C Dumoulin</i>	57
8 Quality of Life Assessment and Questionnaires <i>KNL Avery and JL Donovan</i>	67
9a Investigations for Lower Urinary Tract Dysfunction <i>C Chaliha and V Khullar</i>	75
9b Urinalysis <i>KJ Wilkinson</i>	81

Section 2. Treatment and Management of Urinary Incontinence

10	Historical Perspective of Pelvic Floor Muscle Training <i>J Haslam</i>	83
11a	Pelvic Floor Muscle Exercise in the Treatment of Urinary Incontinence <i>J Haslam</i>	89
11b	Advanced Manual Therapy for the Pelvic Floor <i>MM Whelan</i>	95
11c	Pelvic Floor Stability and Trunk Muscle Co-Activation <i>RC Jones</i>	99
12a	Biofeedback <i>J Haslam</i>	105
12b	Ultrasound <i>RC Jones</i>	111
13	The Use of Exercise Balls <i>B Carrière</i>	117
14	Therapeutic Electrical Stimulation <i>DB Vodúšek and J Laycock</i>	121
15	Bladder Training and Behavioural Training <i>KL Burgio and PS Goode</i>	127
16	Voiding Problems <i>J Haslam and J Laycock</i>	133
17	The Importance of Fluids <i>GR Stephens</i>	139
18a	Pregnancy, Childbirth and Urinary Incontinence <i>DS Kapoor and RM Freeman</i>	143
18b	Childbirth and Anal Incontinence <i>JH Herbert</i>	147
19	Incontinence and the Menopause <i>DS Kapoor and RM Freeman</i>	151
20	The Athletic Woman / Women and Exercise <i>LM Southon</i>	153
21	The Male Patient <i>G Dorey</i>	159
22	The Occupational Therapist's Approach to the Management of Incontinence <i>JM Vickerman</i>	163
23	Catheter Care <i>AR Winder</i>	167

24	Surgery for Urinary Incontinence <i>MG Lucas and S Bjornssen</i>	171
25	Drugs Acting on the Lower Urinary Tract <i>PM Latthe and PM Tooze-Hobson</i>	181

Section 3. Colorectal Disorders

26	An Anatomical Overview <i>D Kumar</i>	185
27	Faecal Incontinence <i>C Norton</i>	199
28a	Constipation <i>PE Chiarelli</i>	213
28b	Abdominal Massage for Constipation <i>MC Emly</i>	223
28c	Laxatives <i>K Irwin</i>	227

Section 4. Pelvic Pain

29	Prevalence, Definitions and Aetiology of Pelvic pain <i>SJM Knight and ER Shelly</i>	231
30	Assessment and Treatment of Pelvic Pain <i>SJM Knight and ER Shelly</i>	241

Section 5. Pelvic Organ Prolapse

31	Background to Pelvic Organ Prolapse <i>FG Khan and LL Wall</i>	249
32	Evaluation of Prolapse <i>FG Khan and LL Wall</i>	259
33	Treatment and Prevention of Prolapse <i>FG Khan and LL Wall</i>	263

Section 6. Professional Issues

34	Ethical Principles in Pelvic Floor Physiotherapy <i>LL Wall</i>	267
35	Research Trials in Incontinence <i>RP Assassa and F Mensah</i>	273

36	Infection Control Issues <i>L Barkess-Jones</i>	276
37	UK Government Guidelines <i>F Booth</i>	285
	Appendix 1 Fluid intake and bladder diary	289
	Appendix 2 Urinary incontinence assessment form	291
	Appendix 3 Useful Web sites	293
	Index	295