

New Service in Dallas

Physical Therapist Offers Online Assessment by International Expert

Howard I. Glazer Ph.D., is a Clinical Associate Professor at the Weill College of Medicine of Cornell University/New York Presbyterian Hospital, with a professional practice focus on surface electromyography in the diagnosis and treatment of lower urogenital tract, gastrointestinal tract, and sexual pain and dysfunction. His background combines neurophysiology/ neurochemistry, learning theory, sex therapy, behavioral medicine and electromyography. Dr. Glazer provides individual clinical services, training workshops and in-office speciality training. He is actively involved in several multidisciplinary and multinational re-



search projects. To learn more about Dr. Glazer please visit his website: www.vulvodynia.com/about.htm.

Kathy Tisko, P.T., is a Physical Therapist in private practice with a focus on the evaluation and treatment of patients with urogenital tract dysfunction, including chronic pelvic pain in men and women. She is a graduate of UT Southwestern Medical Center at Dallas (School of Physical Therapy) and has participated in extensive advanced training in pelvic floor rehabilitation and has received certification in Pelvic Muscle Dysfunction Biofeedback (BCIA-PMDB). Kathy utilizes SEMG (surface electromyography) to aid in the diagnosis and treatment of pelvic muscle dysfunction which can be involved in many pelvic region symptoms-



perineal pain, vulvar pain syndromes, prostate, urethral and bladder pain syndromes, pudendal nerve pain and ano-rectal pain as well with incontinence issues in men and women. To learn more about Kathy Tisko, P.T., please visit her website: www.parkcitiesPT.com.

As a result of their collaboration through the Biofeedback Foundation of Europe, Kathy is able to bring Dr. Glazer's expertise to her patients in the Dallas area.

Urogenital, Sexual & Gastrointestinal Health

When your bladder or bowels are not working properly or you're having pain during sex it's not easy to talk about, not even to the person closest to you.

We know that women play an important role in the health care of men through education and awareness, but what happens when the problem persists and you feel you need more information from the medical community?

In this article Dr. Howard Glazer and Kathy Tisko, P.T. introduce the *Glazer Intrapelvic SEMG Assessment* and describe a treatment plan based on the results.

"Chronic urogenital pain syndromes are often confusing and frustrating for the patient as well as for the health care provider, since medical work-up is in many cases unrevealing."

Urogenital Pain in Clinical Practice - Baranowski, Abrams & Fall

The Biofeedback Foundation of Europe is a non-profit organization located in the Netherlands. The Expert Opinion Series features world-leading clinicians from the field of electromyography and biofeedback. For more information on the BFE please visit www.bfe.org.



Surface Electromyography (SEMG) technology is used to measure muscle activity, - it is like a stethoscope for the pelvic floor muscle. In private, the patient inserts the SEMG sensor which is as simple and painless as inserting a tampon or suppository and takes only a few minutes.

Symptoms

All of the symptoms below have a serious impact on the quality of life for both men and women. An SEMG tracing is like a cardiograph for the pelvic floor muscles which are often involved in these symptoms.

Urogenital

Urinary incontinence including:

- stress, urge
- mixed or overflow
- post-partum
- post-prostatectomy
- enuresis in children
- inability to urinate with or without a sensation of urgency
- BPH (benign prostatic hyperplasia)
- erectile dysfunction
- sexual dysfunctions of desire, arousal and orgasm

Gastro Intestinal

- chronic constipation
- fecal incontinence

Pain

- IBS (irritable bowel syndrome)
- Levator ani syndrome
- Intersititial cystitis
- Urethritis
- Vaginismus
- Vulvovaginal pain
- Vulvodynia



Photo courtesy of Park Cities Physical Therapy

- Prostatodynia
- Scrotal pain
- Testicular pain
- Penile pain
- Epididymal pain
- Anismus
- Pelvic pain

The Treatment Team

The first member of the treatment team is the referring physician. This is usually a specialist who has ruled out or is actively treating identified organic sources of the symptoms and referred the patient for further evaluation and treatment. The referring physician continues to receive updates in order to coordinate the clinical activities of the team.

Additional team members can include a biofeedback therapist with specialty training, experience

and certification in pelvic floor muscle surface electromyography, a mental health specialist with chronic pain and sexual disorders experience, and a physical therapist with pelvic floor muscle specialization.

In Dallas, the treatment team integrates the work of the referring physician with that of Howard I. Glazer Ph.D., a leader in the field of intrapelvic SEMG biofeedback, and a widely recognized researcher and clinical expert who is located in New York. Additional team members may be invited to participate as needed under the direction of the referring physician.

The Glazer Assessment

The *Glazer Intrapelvic SEMG Assessment* is an online assessment

that takes place in the physical therapy office. The patient will communicate with, and view Dr. Glazer online. The assessment starts with a review of the client's medical history including their sexual history. Dr. Glazer reviews the client's family medical history including a systems review questionnaire to identify system of dysfunction/disorder. This may include a review of some specific items already completed by the patient on a first visit to their own health professional. The patient is given a vaginal or rectal SEMG sensor by the physical therapist and instructed on how to insert it correctly. In private, they will insert the sensor themselves. This is as simple and painless as inserting a tampon or suppository and takes only a few minutes.

Fully clothed, the patient is then directed to sit in a comfortable recliner to begin the *Glazer Intrapelvic SEMG Assessment*. Dr. Glazer will lead the patient through a series of pelvic floor muscle exercises during which the SEMG signal is recorded. Dr. Glazer and the patient can see the same live signals on the computer screen during the assessment and are in voice contact throughout.

The entire pelvic muscle evaluation process takes approximately 8 minutes and the procedure is painless. At the end of the assessment, Kathy Tisko, P.T. provides



Photo courtesy of Dr. Glazer's BFE Team

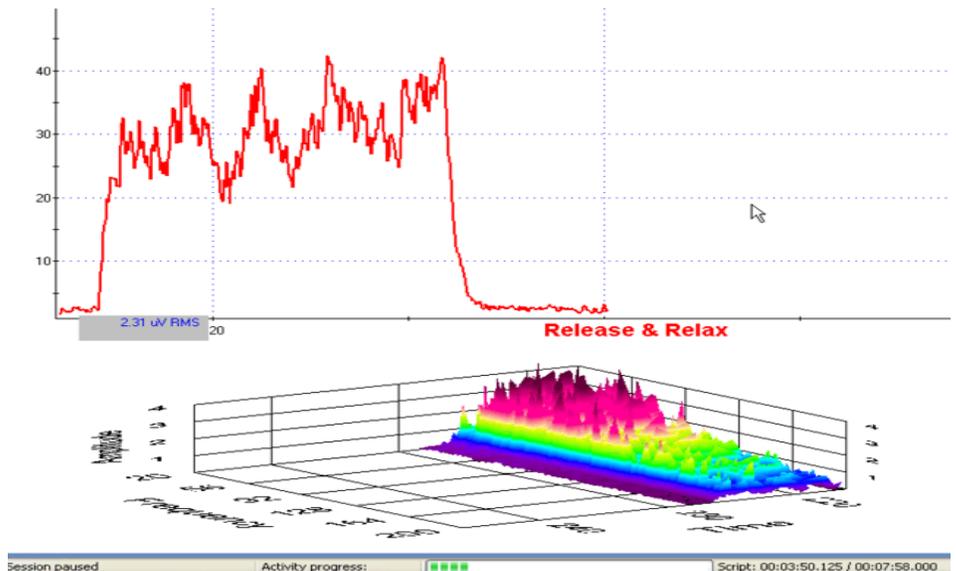


Photo courtesy of Dr. Glazer's BFE Team

vides the patient with a printout showing their muscle activity, and keeps a copy at Park Cities Physical Therapy where the patient record is kept complete. The referring physician receives a full physical therapy report from Kathy Tisko, P.T. which includes the *Glazer Intrapelvic SEMG Assessment*.



Sample printout from the assessment.

Based upon the assessment, appropriate treatment protocols are then directed for the individual patient. Both the patient and treatment team are involved in

this process. Patients are asked to return to Park Cities Physical Therapy on a pre-arranged schedule to follow their progress and, if necessary, modify their home training prescription as treatment continues. Other physical therapy measures may include manual and myofascial therapies for tissue release, therapeutic exercise and neuro-muscular re-education, diet and lifestyle modification suggestions, stress management advice as well as strategies for pain management (physical agents, sleep & sitting posture, toileting habits) and sexual function.

Thanks to our Sponsors

For information on the cost of the assessment by Dr. Glazer please visit his website at: www.vulvodysnia.com.

For information on Kathy Tisko's Physical Therapy service please visit: www.parkcitiesPT.com.

For information on the biofeedback products used visit Essential Control Systems at: www.essentialcontrol.com.

Contact Park Cities Physical Therapy



Park Cities Physical Therapy is a private physical therapy office located in the Pavilion on Lovers Lane retail/office building. Parking is free. Enter at the center of the building through the lobby to the elevators. The Glazer Assessments, performed online, are specially scheduled on certain days and times. For further information or to schedule an appointment, please call Park Cities Physical Therapy at 214-351-2299.



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Essential Control Systems - www.essentialcontrol.com

Essential Control Systems is a durable medical equipment and supply company specializing in the products used to treat pelvic muscle dysfunction (incontinence, pelvic pain, constipation, etc.). The company's focus is on non-surgical products in the field of biofeedback, electrical stimulation, pelvic muscle exercisers and educational materials. Please call for more information: (800) 537-3779.



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The Biofeedback Foundation of Europe (BFE) is a non-profit organization located in the Netherlands. For more information on the BFE please visit our website at www.bfe.org.