

Neurological Dysfunctions

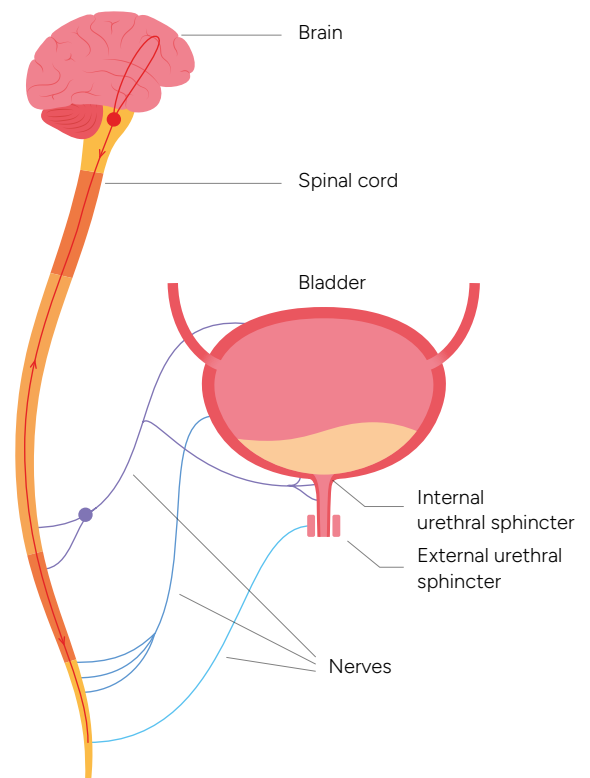
In addition to movement disorders, various neurological diseases, such as Parkinson's or multiple sclerosis (MS), also result in bladder and bowel control disorders. This can manifest itself as a loss of urine or stool, but also as difficult or incomplete emptying of the bladder or bowel.

Nervous System, Bladder and Bowel

The brain is our body's control center, while the nerves are the connection between the brain and the body. The function of the pelvic floor muscles and the bladder and bowel are also controlled via complex conscious and automatic processes. In neurological diseases, disorders in the brain, spinal cord or nerve pathways can impair this control in a variety of ways.

Anatomy and Function of the Pelvic Floor

The pelvic floor is a muscle about the size of a hand that forms the bottom of the pelvis. Its tasks include stabilizing the pelvic organs; bladder, bowel and uterus, as well as controlling bowel movements and urine. Both the bladder and bowel have an external sphincter. These can be controlled voluntarily and we can actively hold it back when we feel the urge to go to the toilet, or relax once we are on the toilet.



Pelvic Floor Physiotherapy

Through questioning and examination, the pelvic floor physiotherapist can determine whether the pelvic floor muscle has too much or too little tension and strength. The therapy aims to normalize muscle tension and build up strength, provide sufficient support in everyday life and allowing for proper relaxation when needed, e.g. on the toilet. To help normalize bladder or bowel function behavioral strategies are used and, if necessary, also electrostimulation or medication.

