

Rehabilitative ultrasound imaging is a relatively new and advanced method that physiotherapists are using to image the whole abdominal system. With the real time ultrasound, the physiotherapist is able to pick out precisely where the dysfunction is in the muscle by viewing it on the screen in real time. The patient is really able to see how they are feeling when they activating the muscles appropriately and when they are activating the muscles incorrectly. And this gives them really good feedback to work into their home exercise program that the physiotherapist develops for them.

The initial assessment should be done quite soon after the injury or after the patient presents to the physiotherapist. The reason for this is so that the physio is able to develop a really good plan for where the dysfunction is in the deep system. The physio the patient can then come and work on rehabilitating once the physiotherapist has decided that their pain levels have decreased and they're ready for a rehabilitation program.

There are a number of medical conditions that this rehabilitative ultrasound can help with. In training, the deep abdominal system, medical conditions, including men's health, such as prostate cancer or prostate surgery, prostatitis or bladder control. Issues, women's health issues, so postpartum issues with incontinence, pelvic floor pain or pelvic pain, as well as bladder control. It can also be very important with lumbopelvic issues, so lumbopelvic pain, as well as any kind of disc injury or low back injury.

If people feel that they will be helped by the rehabilitative ultrasound imaging and that they have questions regarding this, they can ask their local physiotherapist, who can point them to a clinic, where they will find a physiotherapist who is experienced, and certified in the real time ultrasound imaging.