

ABDOMINAL PAIN

WHAT IS IT?

If you have abdominal pain (pain in your stomach or trunk area), your doctor has ruled out gall stones, kidney stones, ulcers, etc., and you've had a surgery, then it's likely you have adhesions or scar tissue in the tissues of the abdomen.

WHAT ARE ADHESIONS?

Adhesions are areas where tissues stick together instead of slide. Think of it like Velcro. When tissues stick together, we can't move normally and usually develop different movement patterns. Over time, this can lead to back pain, hip pain, difficulty breathing deeply, or a feeling of stiffness.

WHY DO I HAVE ADHESIONS?

Adhesions or scar tissue can develop for a variety of reasons including:

- After surgery (even laparoscopic surgery)
 - Gall bladder, appendix, hysterectomy, hernia repair, C-section
- With habitual poor posture or repetitive movements
- After trauma
 - Motor vehicle accidents, falls, or other injuries
- Inflammatory disease
 - Crohns, infections, ovarian cysts, endometriosis, irritable bowel syndrome

WHAT CAN I DO ABOUT IT?

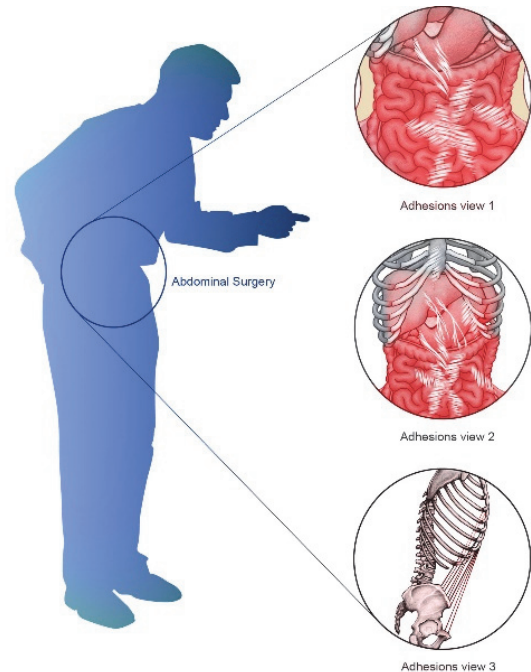
Adhesions can be broken up with specific techniques that target the areas of restriction. Your physical therapist will identify these areas and restore normal mobility of the tissues and organs.

WILL IT HURT?

Abdominal work is no more aggressive than getting a back massage. It may be uncomfortable for a short time, but your physical therapist will tailor the treatment to your specific tolerance.

HOW LONG WILL IT TAKE TO CORRECT?

Every person is unique and will have different reasons for these restrictions. Your physical therapist will give you a good idea of how long it will take to address the adhesions. However, you should notice a change after the first visit.



<http://www.abdominalpain.info/can-scar-tissue-cause-abdominal-pain>

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