



A NON-SURGICAL APPROACH TO URINARY INCONTINENCE



By: Francesca Graziano-Legrand

Many female patients complain of problems of urinary incontinence, urge incontinence and stress incontinence. Estimates are that at least 40% of women suffer from some degree of incontinence. Their inability to restrain this discharge can be a source of embarrassment and many women feel alone with this problem.

The urinary system is designed to ensure that the bladder can gradually fill up, hold a certain volume of urine, and periodically allow urination. Tiny restrictions of the bladder area that affect the neck of the bladder by only 1-2 mm can lead to stress incontinence.

Many causes contribute to this problem. Pregnancies, childbirth, sedentary occupation, trauma from motor vehicle accidents, aging, miscarriages, abortions, abdominal surgeries, uterine fibroids, ovarian cysts and menopause can affect the elasticity of structures and lead to laxity in the pelvic ligaments. Soft tissues tend to lose their elasticity through chronic mechanical tension. Cases of lower back pain often result from these urogenital restrictions.

Every organ in the body has a normal axis of movement, which was established by the path the organ took during its embryological migration. A pelvic restriction always changes this normal axis of motion. An altered axis of motion redirects intrapelvic pressures. The goal of visceral manipulation is to listen to the motion of the tissues and release fibrous zones. Without force the organs are gently reminded of their normal axis of motion and seem to remember this motion and return to a more normal pattern.

I have learned the impor-

ance of precise anatomical knowledge to subtly interact with the organs and tissues of the urogenital system. This interaction helps the body to restore more ideal motion and elasticity within the muscles of the bladder, pelvic floor, abdominal wall and diaphragm by improving their functional relationship.

Treatments are often spaced at least 3 weeks apart in order to give the body time to accept and integrate the work. Timing of the treatments is advised to be one week after the end of the menstrual cycle for best results. This is one way to successfully treat problems, which would otherwise plague people's lives, without surgery.

Testimonials:

"In May '04, I had a treatment by Francesca after my daughter recommended her to me for treatment for bladder control. My daughter told me she had an appointment for the same problem, after giving birth to her baby, and found it helped her a lot.

After my treatment, I didn't immediately notice an improvement, but after a

few weeks, I suddenly realized, 'Hey, my problem is no longer with me. It must be due to my treatment with Francesca!!' Thank you Francesca!"

~Nancy Sullivan

"Two years ago, my gynecologist told me that I would have to have surgery to correct a leaky prolapsed bladder problem. I have had two sessions with Francesca, and the situation is completely under control! I have not needed the surgery."

~JAM

One Body owner, Francesca Graziano-Legrand, recently re-opened her transformational bodywork practice in Coolidge Corner after 18 years of practice in Brookline and Boston. Her office, now located on the second floor at 1368 Beacon Street, suite 112, is equipped with the body support system to optimize postural support and enhance comfort while promoting deep relaxation during a massage. A nationally certified practitioner of Therapeutic massage and bodywork, Francesca is also a member of the American Massage Therapy Association.

Additional specialties include Zen Body-therapy and Zen Trigger-point Anatomy, as well as sports massage, visceral manipulation, cranio-sacral therapy and somato-emotional release

techniques. Her background of 30 years of dance training lends to her skill in teaching movement re-education to her clients.

Graziano-Legrand has used massage therapeutically to help clients improve breathing and relieve pain as well as improving range of motion in joints related to overuse, injuries or accidents. She has recently studied practical integration of visceral manipulation as well as advanced visceral release techniques with the Up-ledge Institute and is skilled in using a variety of techniques to soften connective tissue and benefit the structural integrity of the entire body.


Graziano-Legrand calls her practice "One Body" because at birth each person is gifted with one body. She welcomes the challenge to use her skill and expertise to help others maintain that gift. Her approach includes offering complementary postural assessments to view an individual's habits in standing and its everyday effects, while promoting an opportunity to develop mutual rapport without obligation.

For more information, call One Body at 617 738-2639 or e-mail at onebody1@verizon.net. One Body's goal is to uplift and transform people, one body at a time.

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bodywork and therapeutic
massage.*



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