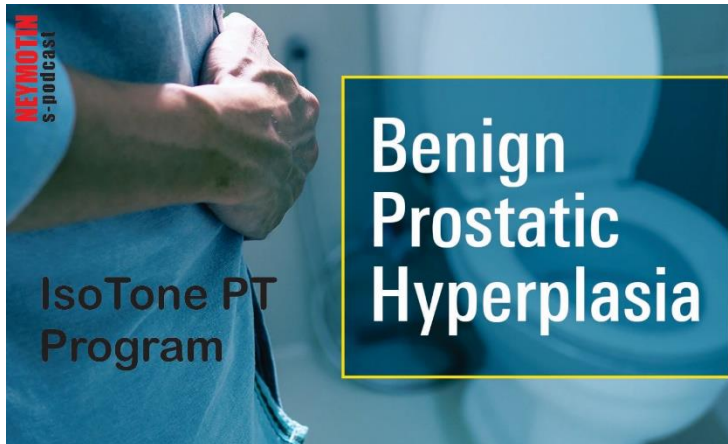




**ISOTONE
PHYSICAL
THERAPY
APPLICATIONS**



IsoTone: Physical Therapy for Benign Prostatic Hyperplasia (BPH)

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Physical therapy can play a valuable role in managing the symptoms of benign prostatic hyperplasia (BPH) by improving bladder control, alleviating discomfort, and enhancing overall pelvic health. While physical therapy doesn't treat the enlarged prostate directly, it can significantly improve quality of life by addressing associated muscle and mobility issues. Incorporating IsoTone exercises and therapeutic massage into this regimen adds a unique, resistance-based approach to enhance outcomes. Below are targeted interventions, including exercises and massage with IsoTone, for managing BPH symptoms.

1. Pelvic Floor Muscle Training (PFMT)

- Goal: Strengthen and improve coordination of the pelvic floor muscles to better control urination and reduce urgency or leakage.
- Techniques:
 - Kegel exercises: Target the muscles that control urination, focusing on contracting and relaxing them effectively.
 - Instruction in proper breathing techniques to avoid straining during muscle activation.

2. Therapeutic Massage with IsoTone

- Goal: Reduce tension, improve circulation, and alleviate discomfort in the pelvic region while promoting muscle recovery and flexibility.
- Techniques:
 - Use IsoTone's ball handle or cylindrical section to massage target areas, such as the lower abdomen, back, and thighs, at a rate of 3 to 5 moves per second.
 - IsoTone's self-warming feature enhances therapeutic benefits by promoting vasodilation and reducing inflammation, especially after a workout when IsoTone is heated by the calories you spent during the workout.

- For abdominal massage, apply gentle but firm pressure to improve circulation around vital organs, aiding digestion and detoxification processes. Consult a healthcare provider for tailored routines.
 - Target Areas:
 - Lower abdomen and pelvis: Enhance blood flow and alleviate tension.
 - Back and thighs: Relieve stiffness and improve flexibility.
 - Arms and hands: Improve circulation and support joint health.
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3. Posture and Core Strengthening Exercises

- Goal: Enhance pelvic alignment and reduce unnecessary strain on pelvic floor muscles, contributing to better bladder control and reduced urinary symptoms.
 - Techniques:
 - Exercises that improve posture, such as bridges and planks, to build core strength.
 - Ergonomic adjustments to daily activities to reduce strain on the pelvic region.
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4. Aerobic and Resistance Exercise with IsoTone: iso-Crunch

- Goal: Promote overall prostate and urinary health while improving circulation, core strength, and reducing inflammation. IsoTone exercises also provide a full-body engagement, beneficial for cardiovascular and muscular fitness.
 - Starting Position:
 - Lie on your back on a firm surface, such as a floor or bed, holding the IsoTone device in both hands above your chest with arms aligned to your shoulders.
 - Engage your chest, lift your head slightly off the surface, and bend your knees, bringing your legs as close to your chest as possible in a tight crunch position.
 - Maintain muscle tension throughout your body without overstraining.
 - Exercise Cycle:
 1. Squeeze Phase:
 - Slowly press the IsoTone handles toward each other, applying controlled force.
 - Propel your upper body forward and bring your thighs closer to your chest.
 - Keep squeezing IsoTone until it fully contracts.
 2. Expand Phase:
 - Transition to an explosive outward motion, expanding the IsoTone handles as quickly as possible.
 - Simultaneously lower your upper body and legs to the starting position, relaxing the tight crunch.
 - For a more aerobic effect, start the explosive phase before full contraction.
 - Repetition:
 - Repeat the cycle continuously, adjusting intensity based on your fitness level. Maintain strong, controlled breathing to energize the cardiovascular system.
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Benefits of Physical Therapy for BPH with IsoTone

- Improved bladder control and reduced urgency or frequency of urination.
- Alleviation of muscle tension and discomfort in the pelvic region.
- Enhanced core strength and posture, supporting better pelvic alignment.
- Increased aerobic and muscular engagement through IsoTone exercises, promoting cardiovascular health.
- Faster muscle recovery and improved flexibility through IsoTone's massage functionality.
- Overall improvement in quality of life through reduced symptoms and better physical fitness.

NOTE: IsoTone team offers free on-line instructions and demonstrations of the customized BPH exercises and massage techniques.

By integrating IsoTone exercises, such as ISO-CRUNCH, and IsoTone therapeutic massage into a tailored physical therapy regimen, you can achieve more dynamic and holistic benefits for managing BPH symptoms effectively. Always consult a healthcare professional to adjust these exercises and massage techniques for your condition.