

## What is Interstitial Cystitis?

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Interstitial Cystitis (IC) or Painful Bladder Syndrome (PBS) is a condition defined as urinary frequency and urgency with pain for more than 3 months. Urinary frequency would be greater than 8 times per day, nocturia or urination at night, and urgency with pain, ache, pressure and or burning. It is considered IC in the absence of infection. IC is 10 to 1 more likely in women and can go through flares and remissions.

Physical therapy can help patients manage the symptoms and pain associated with IC by assessing the pelvic floor muscles and the musculoskeletal system.

The pelvic floor is a group of muscles that attach to the pelvis, tailbone and sacrum. These muscles help support the bladder, as well as the rest of your pelvic organs. When these muscles are calmed down by connective tissue mobilization, relaxation techniques, breathing and neuromuscular reeducation, patients are better able to control their pain and symptoms associated with IC or PBS.

A great website for more information and resources is the Interstitial Cystitis Association, [www.ichelp.org](http://www.ichelp.org). **WPTI** therapists have specialized training in the treatment of patients with IC. Call today to schedule an evaluation.