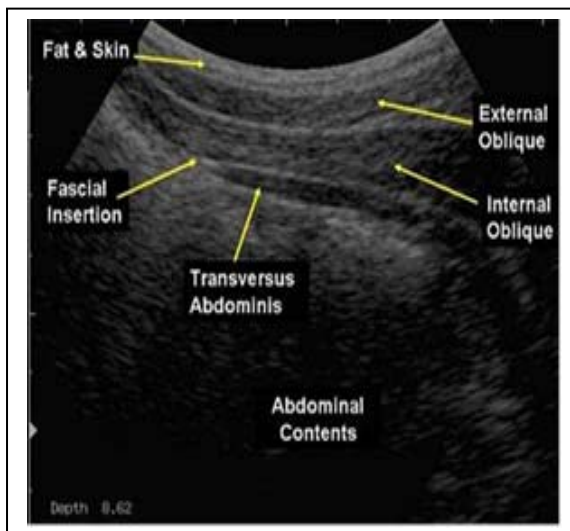


REAL TIME ULTRASOUND IMAGING

Core training

Good core strength is important at every age and fitness level. Core muscles are composed of the superficial and deep abdominal muscles, the deep stabilizing muscles of the lumbar spine and pelvis.



The biggest benefit of core training is to develop functional fitness and correct postural imbalances - that is, fitness that is important in daily living, sports and regular activities. But these muscles can't be felt or trained easily.

Real Time Ultrasound Imaging

(RTUI) is a breakthrough approach that **allows the therapist as well as the patient to see the actual muscles to be seen in action** and is used as an assessment as well as training tool to activate the deep core muscles correctly.

RTUI involves the use of soundwaves to create a picture of the muscles and tissues on the screen. Being able to see the contraction while trying to isolate it is a powerful form of bio-feedback.

Pelvic Floor Training

Pelvic floor weakness can cause urinary and/or faecal incontinence. Loss of urine while coughing or sneezing is fairly common symptom of this. Physiotherapists at Physio Asia can help in **assessment and retraining of the pelvic floor muscles with real-time ultrasound imaging**. It is a useful visual-feedback tool for those who may otherwise have problems isolating and working the right muscles that have to be strengthened.

We can see how the pelvic floor muscles are working by placing the probe of the ultrasound on your lower tummy. This gives us a picture of your bladder.