



FROM THE 2007 KANSAS CITY WELLNESS DIRECTORY

I DESPISE REPAIRS!! They all will haunt me later. Stacy, a friend of mine had just exclaimed this statement to me over lunch. Surprised and curious to what led her to this remark I was eager to hear more. She said, “for example I had a minor fender bender a few years ago and the body shop repaired my car. Now the trouble is that I could have an alignment done every month on the car but it still wants to shake and veer right after only a few weeks. Oh, and now it’s personal. Five years ago I had a hysterectomy, a few months following the surgery I developed problems with my digestion and an unrelated pelvic pain. I never had this pain or chronic constipation before the hysterectomy. After many tests the doctors now say it is due to post-surgical adhesions. They suggest improving my diet and stress—I have...and I’m still being haunted.” After listening to Stacy’s story I said, I could provide answers for your abdominal adhesion trouble. As far as the car goes all I can say is, “you are not alone on this one.” As Stacy’s story suggests *post-surgical abdominal adhesions* often can create many unexpected problems months, even years following surgery.

To better explain adhesions we must first illustrate how connective tissue works. What happens, when you pull on the end of a spider web? The whole web moves along with whatever is attached to it. If the web has to be repaired with glue (scar tissue) it will now be stiff and the flexibility (breath expansion) will be diminished. The spider web in the human body is the connective tissue that holds all of our vital organs in the abdomen and pelvic cavity. Organs have a fixed residence in the body, but the supporting connective tissue around them must have mobility because of the expansion and contraction of the breath.

Abdominal adhesions are a common complication of surgery, occurring in up to 93% of people who undergo abdominal or pelvic surgery. Adhesions typically begin to form within the first few days after surgery, but they may not produce symptoms for months or even years. Abdominal massage is most effective and non-invasive way to treat post-surgical abdominal adhesions. Massage helps to separate and break down fibrous adhesions in connective tissue.

Adhesions are fibrous bands of scar tissue that form abnormal connections inside the

body after surgery, infection, irritation, gynecological conditions such as endometriosis or other tissue trauma. They can be thin and filmy (like plastic wrap) or dense and expansive with glue like consistency. They usually form at the site of tissue injury, such as a surgical incision. Adhesions can develop in the heart, spine and other places but most frequently appear in the abdominal and pelvic cavities because of the amount of supporting connective tissue. Adhesions become problematic when, during healing, organs and other structures that normally slide freely against each other get stuck. These restrictions can disrupt the function of organs, putting a person at risk for serious problems such as chronic pain, bowel obstruction or infertility.

As scar tissue (the glue effect) begins to restrict motion of the small intestines, passing food through the digestive system becomes progressively more difficult. The bowel may become blocked or twisted. In extreme cases, adhesions may form fibrous bands around a segment of an intestine. This constricts blood flow and leads to tissue death. Abdominal massage helps to break apart the glue adhesions of scar tissue. This frees up any restrictions in the intestine, colon or any other surrounding organ and provides improved motility for digestion. Abdominal massage allows for the restoration of proper blood flow and nerve function creating an environment hospitable for healthy tissue growth.

Pelvic adhesions may involve any organ within the pelvis, such as the uterus, ovaries, fallopian tubes, or bladder, and usually occur after surgery. Pelvic inflammatory disease (PID) results from an infection (usually a sexually transmitted disease) that frequently leads to adhesions within the fallopian tubes. A woman's eggs pass through her fallopian tubes into her uterus for reproduction. Fallopian adhesions can lead to infertility and increased incidence of ectopic pregnancy in which a fetus develops outside the uterus. Uterine adhesions can also develop from laparoscopic procedures used to treat endometriosis, ovarian cysts, and fibroids. Abdominal massage in this case will help to dissolve adhesions associated with these common female gynecological conditions. Today there are many treatments available for infertility. One of the best signs of fertility still remains a healthy menstrual cycle. Abdominal massage breaks down pelvic adhesions and thus provides for a much healthier menstruation and an increase in fertility chances.

Over the last three years I have specialized in providing abdominal health through massage. I have treated many patients with post-surgical abdominal adhesions. Some of these patients have had organs removed such as a gall bladder, appendix, colon, ovaries, and the uterus, while others had surgeries for caesarian births, hernias or any cosmetic or laparoscopic procedures associated with the abdomen. Shortly after surgery many patients reported experiencing subtle pelvic discomfort, but the unrelated symptoms that followed such as digestive or fertility problems did not appear till much later. Given the elapsed time between surgery and symptoms many conventional doctors would not have related

chronic bowel trouble to adhesions from a hysterectomy five years ago. Commonly it is misdiagnosed and the only advice is to change diet and decrease stress or have another surgery to remove adhesions. The later treatment causing more problems, since surgery created scar tissue in the first place!! After receiving abdominal massage for treatment of adhesions over 90% people report a decrease in symptoms or a complete return to normal function.

Surgery is often necessary to treat severe medical conditions and it is a fact that the chances are 90-100% higher for seemingly unrelated complications to follow due to scar tissue adhesions. Abdominal massage may seem like too simple of a solution for years of discomfort, but in my experience I have not found another non-invasive treatment that will provide such great results. As I told my friend Stacy, repairs and maintenance are needed in life from cars to our own bodies. So do not despise repairs, despise the lack of options that you may be provided.



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