Contents

	ce to 3rd edition	VI
Forev	word to the 3rd Edition	VII
Forev	word to the 2nd Edition	VIII
Forev	word to the First Edition	XII
Ackn	owledgments	XIII
Char	oter 1: Overview	2
1.1	Introduction	2
1.1.1	The Problem	2
	Urinary Incontinence	2
	Frequency of Urination	2
	Nocturia	3
	Bowel Dysfunction	3
	Abnormal Bladder Emptying	3
	Chronic Pelvic Pain	3
	Other Problems	3
112	The Integral Theory - A New Perspective	4
	A Summary Guide to the Diagrams Used in this Book	4
1.1.5	Series 1 Static Anatomy	4
	Series 2 Dynamic Anatomy	7
	Series 3 Functional Anatomy	8
1.2	Overview of Pelvic Floor Function and Dysfunction	9
	Basic Tenets of the Integral Theory System	9
1.2.1	Structure and Form	11
	Function and Dysfunction	11
	Causes of Dysfunction - Delineating the Zones of Damage	11
	Locating the damaged structures within the three zones	12
	Diagnosis of Damage	13
	Surgical Repair of Connective Tissue Structures	13
1.3	Summary Chapter 1	15
د.۱	Julilliary Chapter 1	1.3
	oter 2: The Anatomy and Dynamics of Pelvic Floor Function and Dysfunction	17
2.1	The Anatomy of Pelvic Floor Function	17
2.1.1	Introduction	17
2.1.2	The Role of Ligaments, Muscles and Fascia	18
	The Role of Connective Tissue Structures	18
2.1.4	The Key Ligaments of the Pelvic Floor Structure	19
	The Pubourethral Ligament (PUL)	19
	The Arcus Tendineus Fascia Pelvis (ATFP)	20
	The Cardinal Ligaments/Anterior Cervical Ring Complex	20
	The Uterosacral Ligaments (USL)	20
	The Pubovesical Ligament (PVL)	20
	The Precervical Arc of Gilvernet	21
	The Trigone	21
	Fascial attachment of the vagina to ATFP	22
	Organ Spaces	22
	The Pubocervical Fascia	22
	The Rectovaginal Fascia	
	The Cervical Ring	
	The Role of Proximal Cervical Ring Fascia	



	The Levator Hiatus	24
2.1.5	The Muscles of the Pelvic Floor	25
	The Upper Layer of Muscles	25
	The Middle (Connecting) Layer of Muscles	26
	The Lower Layer of Muscles	28
	The Special Case of the Puborectalis Muscle	29
2.2	The Dynamics of Pelvic Floor Function	30
2.2.1	The Dynamics of the Striated Pelvic Floor Muscles	30
	The Dynamics of Urethral Opening and Closure – Urethral Perspective	30
	The Dynamics of Urethral Closure and Opening – Vaginal Perspective	32
2.2.2	Pelvic Floor Dynamics - The 'Mechanical' Dimension	33
	Resting Closed	33
	Closure During Effort	34
	Urethral Opening by External Striated Muscle Forces During Micturition	36
	The Special Case of the Puborectalis Muscle	37
	Urethral Resistance	38
2.2.3	Pelvic floor dynamics - the neurological dimension	39
	Urethral Closure	39
	Urethral Opening (Micturition)	39
	The Role of Connective Tissue Tension	40
	Bladder Base Stretch Receptors	42
2.3	The Role of Connective Tissue in Pelvic Floor Function and Dysfunction	43
2.3.1	The Biomechanics of the Vagina	44
	The Effect of Pregnancy Hormones on Connective Tissue	46
	The Effect of Age on Connective Tissue	46
	The Role of Connective Tissue in Transmitting Muscle Forces	46
	The Positive Effect of Uterine Conservation in Preserving Ligament Integrity	47
2.3.2	The Role of Connective Tissue in the Maintenance of Form and Function	47
	The Causes of Damaged Connective Tissue	48
	Structural Effects of Damaged Connective Tissue	48
	Lax Connective Tissue and Diminution of the Force of Muscle Contraction	50
2.3.3	Role of Connective Tissue in Balance and Imbalance of Pelvic Muscle Forces	51
	The Anatomy and Pathogenesis of Prolapse	51
	Angle of the vaginal axis to the horizontal	53
	A Possible Mechanism for Widening the Hiatus	54
	Role of Pubovisceral Muscle Avulsion in Prolapse Causation	55
	Pathogenesis of rectocoele	56
2.3.4	The Role of Connective Tissue in Balance and Imbalance of	
	Pelvic Muscle Forces – Effects on Micturition and Closure	57
	Closure at Rest and Effort	57
	Normal Micturition – A Controlled Temporary Unbalancing of the Closure System	58
	The Role of Damaged Connective Tissue in Incontinence Causation	59
	The Role of Damaged Connective Tissue in the Pathogeneses of	
	Intrinsic Sphincter Defect	59
	The Role of Connective Tissue in Peripheral Neurological Imbalance –	
	Bladder Instability	60
	The Role of Connective Tissue Damage in the Causation of Abnormal	
	Bladder Emptying – A Mechanical Imbalance	61
	Symptomatic Manifestations of Imbalance Caused by Damaged Connective Tissue	62
2.3.5	The Role of Connective Tissue in Anorectal Opening, Closure	
	and Idiopathic Faecal Incontinence	62
	A Musculo-Elastic Sphincter for Anorectal Closure (Continence)	62
	Tethered vagina syndrome	62

Contents

	A minor role for muscle damage in urinary incontinence?	64
	Incontinence	64
	A Musculo-Elastic Sphincter for Anorectal Closure (Continence)	65
	A New Sphincter	65
	The anatomical supports of the anorectum complex	65
	Radiological correlations for normal function	67
	Anorectal closure during straining, -normal patient	67
	Anorectal closure during straining, faecal incontinence group (figs 2-57d&e)	69
	During squeezing, faecal incontinence group	70
	During defaecation, faecal incontinence group	70
	Connective Tissue Laxity and Anorectal Dysfunction	71
		/ 1
	The Role of m.puborectalis, external and internal anal sphincters	70
	in faecal incontinence causation	72
	Dislocation of Anal Mucosa	74
	Further reading on Nonsurgical and Surgical proofs of the Musculoelastic Theory	74
	The related dynamics of anorectal and bladder function and dysfunction	74
2.4	Summary Chapter 2	76
Cha	oter 3: Diagnosis of Connective Tissue Damage	77
3.1	The Integral Theory Diagnostic System: Overview	77
3.2	The Integral Theory Diagnostic System	82
	The Clinical Assessment Pathway	82
J	Using the Clinical Assessment Pathway in a Clinical Assessment	82
	Phase 2 of Clinical Assessment Pathway - Examination	83
	Anterior Zone Examination	84
	Middle Zone	85
	The special case of "Tethered Vagina" Defect	86
	· · · · · · · · · · · · · · · · · · ·	
	Posterior Zone Defect	87
	Phase 3 of Clinical Assessment Pathway – Simulated Operations	89
	'Simulated Operation'Technique: Anterior Zone	90
	'Simulated Operation'Technique: Middle Zone	91
	'Simulated Operation'Technique: Posterior Zone	92
	Limitations of 'Simulated Operations'	92
3.2.2	The Structured Assessment Pathway	93
	Introduction	93
	Phase One of the Structured Assessment Pathway: Data Collection and Correlation	93
3.3	Working with Symptoms in the Integral Theory Diagnostic System	103
3.3.1	The Cerebral Cortex — the ultimate urodynamic machine	103
3.3.2	The Variability of Symptoms in Patients with Similar Anatomical Defects	104
	Assessing Probability: The Impact of Different Structures on the Variability	
	of Incontinence Symptoms	105
3.3.4	The Anatomical Basis for the Diagnostic Summary Sheet	106
	Anterior Zone Defect Symptoms	106
2 2 5	ICS Definitions and Descriptions expressed as dysfunctions of opening and closure	111
3.3.5	The Role of the Peripheral Neurological Control Mechanism in the 'Unstable Open' State	112
		113
	Motor Urgency (Anterior, Middle & Posterior Zones)	
	Nocturia – Posterior Defect	113
	Sensory Urgency (Posterior, Middle, Anterior Zone Defects)	113
	Unconscious Incontinence, Continuous Leakage (Anterior, Posterior Zone Defects)	114
	Detrusor Instability (Posterior, Anterior, Middle Zone Defects)	114
	Unstable Urethra (Posterior, Anterior, Middle Zone Damage)	
	Inability to Micturate with Neurological Damage	
	Change of Compliance (Posterior, Anterior, Middle Zone Defects)	115

	Bladder Sensation (Posterior, Anterior, Middle Zone Defects)	. 115
	Bladder Capacity	. 115
	Urethral Function During Storage (Anterior, Posterior Zone Defects)	. 115
	Genuine Stress Incontinence (Anterior Zone Defect)	
	Cough Activated Detrusor Instability	. 116
	Reflex Incontinence	. 116
	Detrusor Acontractility, Underactivity, Overflow Incontinence,	
	Post-Micturition Dribble (Posterior, Middle Zone Defects)	. 117
	Detrusor/Bladder Neck Dyssynergia (Anterior, Posterior Zone Defects)	117
3.4	Summary Chapter 3	. 117
-	pter 4: Reconstructive Pelvic Floor Surgery According to the Integral Theory	
4.1	Introduction	
4.2	The Integral Theory Approach to Reconstructive Pelvic Floor Surgery	
4.2.1	The Conceptual Bases of Minimally Invasive Pelvic Floor Surgery	. 118
	The Indications: Major Prolapse, or Major Symptoms with Minor Prolapse	
	The Tissues: Conservation and Reinforcement of Tissue	
	The Structure: The Synergistic Interaction of Connective Tissue Components	
	The Methods: Site-Specific Ligament Repair-Uterine and Vaginal Conservation	. 121
	The Tools – A Tape and its Delivery Instrument	. 121
	'Tension-free tapes" and their modus operandi	. 121
	'Tension-Free' Tapes Attached to Large Mesh	. 122
	A Clarification: 'Tension-free' Tapes are Not' Without Tension'	. 125
	How a tensioned sling differs from a 'tension-free' mesh	
4.2.2	The Surgical Principles of the Integral Theory	
	Introduction	
	Guiding Principles for Day-Care Vaginal Surgery	
	To minimise pain	. 126
	Conservation and Reinforcement of Tissue: Implications for Surgery	. 127
	Adapting Surgical Technique for Wound Healing, Tissue Weakness and Scarring	128
	Patient Care Issues Specific to Day-Care Pelvic Floor Surgery	
423	Surgical Practice According to the Integral Theory	
7,2,3	Correction of Connective Tissue Damage	
	Repair of Damaged Ligaments through Creation of Artificial Neoligaments	127
4.2	Repair of Damaged Fascia	
4.3	Application of the Integral Theory Surgical System according to Zone of Damage	
4.3.1	Surgery of the Anterior Zone	
	The Structures of the Anterior Zone	. 146
	The Methods: Strengthening a Weakened Pubourethral Ligament with a Tape	
	Interpretation	. 152
	Potential Intra-Operative Complications of Retropubic 'Tension-Free' Tape Slings	
	Bleeding	
	Difficulty with Passage of the Delivery Instrument with retropubic slings	. 155
	Retropubic Fibrosis from Previous Incontinence Surgery	. 155
	Scarring in the Rectus Sheath	. 155
	Urethral Constriction by the Tape	. 156
	Bladder Perforation	. 156
	Testing for Continence at the End of Midurethral Tape Operations	. 156
	Trans-Obturator Approach (TOT), Delorme 2001	. 156
	"Tension-free" minislings	. 15
	Complications	15
	"Tensioned"mini sling	
	Outpatient Local Anaesthetic Technique	

	EUL and Hammock Tightening	
	EUL Reinforcement with a Small Segment of Polypropylene Tape	
	EUL reinforcement with a prepubic TFS sling, fig 4-37c, box, fig 4-37d	
	Case history –EUL defect	
	Interpretations	
4.3.2	Surgery of the Middle Zone	
	The Structures of the Middle Zone	
	Sites of damaged fascia	
	The Indications for Surgery in the Middle Zone	167
	The Methods - Surgical Repair of the Middle Zone	167
	Case report	178
	Cure of "tethered vagina" with bladder neck skin graft	186
	'Tethered vagina' after transobturator tape for cure of urinary stress incontinence	187
4.3.3	Surgery of the Posterior Zone	187
	The Structures of the Posterior Zone	187
	Indications for Posterior Zone Surgery: Damage to the Uterosacral Ligaments	
	and Perineal Body	194
	The Methods: Surgical Repair of the Posterior Zone	
	Simple level 1 repair of the posterior zone	
	Repair of Rectocoele	
	The Posterior Fornix Syndrome addressed with TFS posterior sling	
	TFS perineal body repair of rectocoele recurrence	
	Potential Complications of Posterior Zone Repair	
	Surgical cure of Idiopathic Faecal Incontinence by suspensory ligament repair	
4.4	Post operative Monitoring: Strategies for Managing Recurrent or New Symptoms	
4.4	The Origins of Subclinical Damage - How One Zone May Decompensate After Repair	211
		211
	of Another Zone	
	The Dynamics of Symptom Formation	
	Managing Persisting Symptoms - An Anatomical Approach	
	Post-operative Middle Zone Symptoms	
	Post-operative Posterior Zone Symptoms	
	Future Directions for the Objective Diagnosis of Zone of Connective Tissue Damage	
4.5	Summary Chapter 4	218
Chap	oter 5: Pelvic Floor Rehabilitation according to the Integral Theory	
Towa	ards a more time efficient method for pelvic floor rehabilitation	
and	with a wider symptom scope	219
5.1	Introduction	219
	The anatomy of traditional Kegel Exercises	
	The anatomical basis for the Integral Theory System for pelvic floor rehabilitation (PFR)	
	Why the Integral Theory System for pelvic floor rehabilitation was developed	
	Towards a more time efficient method for pelvic floor rehabilitation – use of a "fit ball"	
	Methodology for the 1st and 2nd studies, Tables I&II	
511	Indications	
J.1.1	Design	
	Comments	
	Conclusions	
-1		
	oter 6: Mapping the Dynamics of Connective Tissue Dysfunction	
6.1	Mapping Function and Dysfunction of the Pelvic Floor	226
6.1.1	Urodynamics - An Anatomical Perspective	
	The Anatomical Basis of Urodynamic Measurement	
	Urethral Resistance and the Pressure-Flow Relationship	229

	The Dynamics of Urethral Pressure Changes	230
	Urethral Pressure	23
	The Urodynamics of Micturition	233
	Urodynamic Bladder Instability – Premature Activation of the Micturition Reflex	234
	Voluntary Control of the Micturition Reflex	235
	Normal Micturition and 'After Contraction' – A Sign of Normal Tissue Elasticity	237
	'Outflow Obstruction'	
	Limitations of Existing Tests: The Need for a Finite Element Model for Urodynamics \ldots	238
6.1.2	The Chaos Theory Framework – Its Impact on the Understanding of	
	Bladder Control and Urodynamic Charting	239
	Fractals	
	Extreme Sensitivity to Initial Conditions (The 'Butterfly Effect')	
6.1.3	A Non-Linear Perspective of the Neurological Control of the Micturition Reflex	24
	Normal Function	
	Dysfunction	
	Bladder Instability – A Struggle Between the Opening and Closure Reflexes	
	Mathematical Testing of Feedback Control of the Micturition Reflex	244
	Example of Iterations of a Simple Feedback Equation (as per figure 6-25)	245
6.1.4	Transperineal Ultrasound	246
	Ultrasound Assessment of the Anterior Zone	247
	Ultrasound Assessment of the Middle Zone	247
	Ultrasound Assessment of the Posterior Zone	
6.1.5	The Role of X-rays in the Diagnosis of Ligamentous and Connective Tissue Defects	250
	Anterior Zone X-rays	250
	Middle and Posterior Zone X-rays	25
	Abnormal Middle and Posterior Zone Anatomy X-rays	
6.1.6	Dynamic Mapping with 'Simulated Operations': A Clinical Example	252
	Background to the Clinical Example	
	The Intervention - 'Simulated Operation'	
	The Post-Intervention Results – Anchoring One Structure at a Time	254
	Post intervention Results – Two Structures Anchored Simultaneously	254
	Comment	25
	Conclusion	258
6.2	Summary Chapter 6	25
Chap	oter 7: Current and Emerging Research Issues	259
7.1	Introduction	
7.2	Improvements in the Diagnostic Decision Path	
7.3	The Integral Theory Diagnosis Support System (ITDS)	26
7.4	Possible Clinical Associations	26
7.4.1	Vulvar Vestibulitis (Vulvodynia)	26
7.4.2	Interstitial Cystitis	26
	An objective office test to determine the role of the uterosacral ligaments in the causation	
	of vulvodynia, pelvic pain and painful bladder syndrome ('Interstitial Cystitis')	26
	Vulvodynia associated with chronic pelvic pain	26
	Painful bladder syndrome, vulvodynia and chronic pelvic pain	
	Comments	
7.4.3	Unresolved Nocturnal Enuresis and Daytime Incontinence	26
	Vesico-Ureteric Reflux	
	Conclusion	

Appendix 1 – Patient Questionnaires and Other Diagnostic Resource Tools	269
Patient Questionnaire	
Quality of life grading	
Explanatory Code for Physicians - Significance of '50% filter' (column 3)	
Explanatory Notes for the Numbers Preceding the Questionnaire Responses	
Comprehensive 24 Hour Urinary Diary	
Objective Tests	
Pad tests	
Pad Test Methodology Explanatory Notes	
Example of a Completed Diagnostic Summary Sheet	
Appendix 2 – References and Further Reading	283
Original works by the author which seek to validate the theory and its applications	284
Chapter 2: The Anatomy and Dynamics of Pelvic Floor Function and Dysfunction	293
Chapter 2: Further Reading	295
Chapter 3: The Diagnosis of Connective Tissue Damage	297
Chapter 4: Reconstructive Pelvic Floor Surgery	
Chapter 4: Further Reading	
Chapter 5: Pelvic Floor Rehabilitation	
Chapter 6: Mapping the Dynamics of Connective Tissue Dysfunction	
Chapter 6: Further Reading	
Chapter 7: Current and Emerging Issues	
Appendix 3 – Patient Information	308
	309
Bladder, Bowel and Uterus	309
The importance of your ligaments	308
The Pelvic Muscles	312
A Symphony Orchestra	
The brain and its nerves-a sophisticated feedback system	
Chapter 2: How the Ligaments Become Loose to Cause Symptoms and Prolapse	
The structure of ligaments	
How ligaments are stretched and damaged during pregnancy and labour	
The effect of age and menopause	
Site of damage and its consequences	
A perspective on organ prolapse	
ndex	323