

# MRPT PHYSICAL THERAPY



## Female Urinary Incontinence

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### MRPT PHYSICAL THERAPY

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### One on One Physical Treatments...

#### Causes of Incontinence

1. Pregnancy and Childbirth
2. Chronic Back Pain
3. Weak Pelvic Floor Muscles
4. Obesity
5. Neurological and Anatomical Disorders
6. Diet and Beverage Consumption
7. Chronic Constipation
8. Hormonal Changes due to Menopause
9. Cigarette Smoking
10. Jarring Aerobic Activities

#### Introduction

Urinary incontinence is most common amongst women and it is estimated that **one in three women are affected at some time in their life.** Some may experience a small amount of leakage after sneezing, coughing or laughing, others will experience leakage on a more consistent basis.

Although this is a common problem, **only half of the women in the United States who have urinary incontinence seek treatment.** The reason why so few women try to find a cure is

because of the sensitive nature of this condition and the low level of patient awareness of the new treatment options available. A lot of women are too embarrassed to ask for help; or they just assume it is a normal part of aging and they should just "grin and bear it".

**Urinary incontinence is not normal** and resigning to wearing pads for the rest of your life is not acceptable! There is hope and there are some very simple answers to this problem.

#### Physical Therapy and Incontinence

One must understand that ***surgery is not the only treatment of incontinence!***

Many women are unaware of the recent break-through in the non-surgical treatment methods for urinary incontinence, with physical therapy being the least invasive. ***A physical therapy treatment program should be discussed with your physician as an alternative treatment method before reviewing other more invasive treatment options.*** Although not all women who suffer from incontinence will respond to physical therapy, there are many conditions that are cured or markedly improved with P.T. treatment.

#### What is Incontinence?



**Urinary Incontinence** occurs when there is a leakage of urine at inappropriate times. Women are often forced to wear pads to protect themselves from embarrassing situations. There are a few other signs of incontinence which may include:

1. An increase in **urgency**, which is a feeling of needing to urinate even when the bladder is not full. Along with this, you may feel some pressure or pain in your pelvic region.
2. An increase in **frequency** and it occurs

when you urinate more than 6 to 8 times a day or more than once every 2 hours.

3. **Nocturia**, which is when you awaken several times during the night with the urge to urinate; more than 2-3 times is considered excessive.

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## Types of Urinary Incontinence

There are a few different causes of incontinence and they are broken up into different categories. Once we have identified which type of incontinence you have, your therapist will develop a treatment plan for your specific type of condition.

**Stress Incontinence:** This is the most common type and occurs when there is a sudden involuntary loss of urine during an activity that puts pressure on the abdomen.

Activities which may be associated with stress incontinence are coughing, sneezing, laughing, or physical exertions such as lifting a child, rising from a chair and sports activities

(swinging a golf club or hitting a tennis ball).

This type of incontinence develops as a result of weakness in the pelvic floor muscles and it may be caused by childbirth, back pain, and menopause.

Stress incontinence is often simply treated by strengthening the pelvic floor muscles.

**Urge Incontinence:** Occurs when there is urine leakage as soon as you get the urge to urinate. Instead of being able to wait until you get to a toilet, your bladder contracts at the wrong time and forces a release of urine. There is also an increase



in voiding frequency associated with urge incontinence; you may need to urinate as often as every 2 hours.

Accidental urination may be triggered by a sudden change in activity or position, running water, and drinking a small amount of liquid.

This may be caused by stress, poor diet, infection, poor bladder habits or neurological problems.

**Mixed Incontinence:** Is a mix of both stress and urge incontinence.

## Our Treatment Approach

The MRPT INCONTINENCE PROGRAM® takes a holistic approach to urinary incontinence and emphasizes the restoration of your quality of life.

Our team of highly trained physical therapists has the training and expertise to treat incontinence and bladder control issues in women. They work with women of all ages and with several types of pelvic problems ranging from simple cases requiring only pelvic floor exercises to more complex cases that require more extensive treatment methods.

Individualized treatment programs take into account all the special needs of each patient and we make sure that you feel confident and secure in our private treatment rooms.



Treatment programs may include:

**Pelvic Floor Exercises:** Your Physical Therapist will evaluate the strength of your pelvic floor muscles, as well as the hip and lower back area. An exercise program will be designed to specifically address the particular areas of weakness and dysfunction. Although most of our exercises are geared for strengthening, some patient's will need to learn how to relax the pelvic floor muscles. These exercise programs will be performed at home as well as during treatment.

**Biofeedback** is used in both the office setting and at home. It helps the patient gain awareness and control of bladder function.

### Our Holistic Approach Includes:

1. Exercise
2. Treatment Modalities
3. Dietary Changes
4. Behavior Modification
5. Patient Education
6. Emotional Support

**Electrical Stimulation:** for the treatment of both stress and urge incontinence.

**Vaginal Weights:** These are weights that are used to strengthen the pelvic floor muscles during physical activities such as walking and getting up from a chair.

**Diet and Fluid Intake:** Your therapist will also analyze your diet and fluid intake to determine the need for behavioral and lifestyle changes. There are a number of beverages and foods such as those that are acidic, spicy or caffeinated that may contribute to urinary problems. Diet modifications can be tailored to an individual's specific problem.