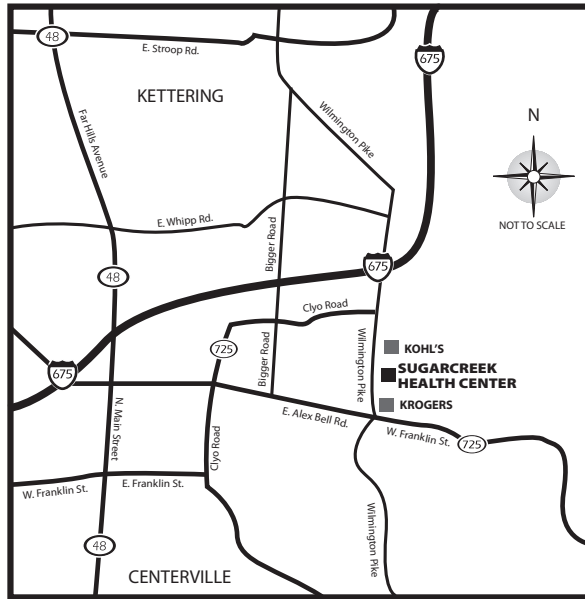




PELVIC FLOOR PHYSICAL THERAPY

KETTERING SPORTS MEDICINE CENTER



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CONTINENCE CARE

Urinary incontinence is something no one likes to talk about yet 10 to 20 million people, in the United States alone, suffer from urine leakage. Ninety percent of urinary incontinence can be significantly improved or cured with proper treatment! Too many suffer in silence when there are simple treatments available.

WHAT IS NORMAL?

Normal frequency of urination is considered to be 5-7 times per day and once per night – more is **NOT NORMAL**. Any leakage of urine is **NOT NORMAL**. Many accept frequency and leakage to be a normal part of the aging process, but it doesn't have to be the case! Help is available through Kettering Rehabilitation Medicine's Bladder Confidence Program.

BLADDER CONFIDENCE PROGRAM

Men and women may feel that incontinence is an inevitable part of growing older or that it is just the natural course of life. This belief leads men and women to think that it is caused by age and is, thus, irreversible. While it is true that older women more commonly have involuntary loss of urine than younger women, age alone is not usually the cause of severe incontinence. Incontinence is a medical condition and should be treated as such. Many forms of incontinence are treatable once a doctor is consulted.

Physical Symptoms of Urinary Incontinence.

- **Stress incontinence** – Loss of urine with coughing, sneezing, laughing or exercising.
- **Urge incontinence** – Loss of urine that happens because you can't make it to the bathroom in time; you have an urge to go very frequently.
- **Mixed**

PELVIC FLOOR DISORDERS

The "pelvic floor" is composed of muscles and ligaments that work together to support pelvic organs such as the vagina, uterus, bladder and bowel.

- Dropping of the Uterus, Bladder or Rectum (Pelvic Organ Prolapse) due to muscle and ligament weakness or damage
- Bladder Control Problems (Fecal Incontinence/ Constipation)
- Pelvic Pressure, Pain or Discomfort
- Chronic Prostatitis

We provide private and confidential consultation and treatment with a licensed physical therapist specializing in pelvic floor dysfunctions. Treatments may consist of biofeedback, pelvic floor muscle rehabilitation, bladder retraining, diet modifications, and lifestyle changes. Each treatment plan is individualized.

Physical Symptoms of Pelvic Organ Prolapse

Women with Pelvic Organ Prolapse can experience all, some or none of the following symptoms. Each person's experience depends on the type of prolapse, the severity of the symptoms and the individual.

- Difficult bowel movements, constipation, liquid stools
- Lower backache
- Painful intercourse
- Pelvic pressure, pulling/stretching groin pain
- Sensation of heavy vaginal pressure
- Urine leakage, frequency, chronic urinary tract infections, difficulty urinating

BOWEL CONTROL PROBLEMS (FECAL INCONTINENCE)

Physical Symptoms of Fecal Incontinence

Some men and women complain of the inability to control passage of gas from their rectum, or they complain of the inability to control their bowel movements.

PAINFUL INTERCOURSE

Some men and women experience pain during intercourse, which is often related to overactive muscles or vaginal problems. This discomfort can often be eliminated through proper diagnosis and treatment.

