

## ARE YOU A CANDIDATE FOR PHYSICAL THERAPY TO TREAT URINARY INCONTINENCE?

### Do you experience...

- Urine loss with physical activity
- Urine loss when you cough, sneeze or laugh
- Symptoms of urgency

### Urinary Incontinence

- It is currently estimated that over 12 million Americans have urinary incontinence.
- Current reports estimate that approximately 16% of the population over 40 exhibit symptoms of an overactive bladder.
- Approximately 20% of postpartum women experience urinary incontinence.
- It is estimated that 15 to 30% of people over the age of 60 who live at home have incontinence.
- Women are twice as likely as men to develop urinary incontinence.



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## Women's Health Physical Therapy

at

Balance and Concussion Center  
120 IRMC Drive, Suite 120  
Indiana, PA 15701  
Phone: 724.465.8505

Mon, Wed, Thurs. 8 am—6:30 pm  
Tue. & Fri. 7:30 am—noon

*Specialized Therapists bringing you specialized care*

**Jamie L. Chichy, DPT**



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## Physical Therapy and Women's Health



*Treating Stress, Urge and  
Mixed Urinary Incontinence*

# TYPES OF URINARY INCONTINENCE

## Stress Incontinence

The loss of urine due to poor bladder support by the pelvic floor muscles or due to a weak or damaged sphincter. Urine leaks during such physical activities as coughing, sneezing, laughing, or even walking.

## Urge Incontinence

The loss of urine results when an overactive bladder contracts without you wanting it to. You may feel as if you cannot wait to reach a toilet. You may leak urine without any warning at all. A bladder infection may irritate the bladder lining, causing symptoms. The nerves that normally control the bladder can also be responsible for an overactive bladder.

## Mixed Incontinence

Is a combination of both stress and urge incontinence.

## Overflow Incontinence

The loss of urine results when the bladder is allowed to become so full that it simply overflows. This happens with bladder weakness or when a blocked urethra prevents normal emptying. An enlarged prostate can result in such blockage. For this reason, overflow incontinence is more common in men than in women. Both men and women can develop bladder weakness, but it happens most often in people with diabetes and with heavy alcohol users.



**Physical therapy is a non-invasive alternative to medication and/or surgery to treat urinary incontinence.**

### *Treatment Options Include:*

- *Individualized exercise regime*
- *Visual biofeedback to ensure proper muscle use*
- *Electrical stimulation to increase musculature recruitment to address pelvic muscle weakness*
- *Internal/external evaluation of the pelvic floor*

### **Possible causes of urinary incontinence include:**

**Urinary tract or vaginal infections, effects of medicine, weakness of muscles, disease and disorders involving nerves and/or muscles, a blocked urethra and some types of surgeries.**