

# physicaltherapy

## URINARY INCONTINENCE IN WOMEN

### Naperville

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For directions, please visit  
[www.edward.org/maps](http://www.edward.org/maps)

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# urinary incontinence in women

Women of all ages can be affected by different types of urinary incontinence. The pelvic floor muscles that assist in bladder control may become weak, tight, or have poor motor control – which can cause urinary leakage.

## COMMON CAUSES OF INCONTINENCE

- > Pregnancy
- > Episiotomy
- > Chronic coughing
- > Pelvic pain
- > Interstitial Cystitis
- > Endometriosis
- > Obesity
- > Pelvic surgery
- > Lower back pain
- > Fissures and fistulas
- > Prolonged intra-abdominal pressure

## TYPES OF INCONTINENCE

**Stress incontinence:** Small to medium leakage with lifting, coughing, and sneezing.

**Urge incontinence:** Medium to large leakage with the strong urge to go to the bathroom.

**Mixed incontinence:** Combination of both stress and urge incontinence.

Meet our therapy team  
at [www.edward.org/rehab](http://www.edward.org/rehab)

## PHYSICAL THERAPY CAN HELP

Edward Rehab has physical therapists who are specially trained in treating pelvic floor conditions. Substantial evidence from research studies shows that physical therapy is successful in restoring normal bladder function.<sup>1</sup> The first visit with an Edward physical therapist will consist of a thorough evaluation to determine if physical therapy is an appropriate course of treatment for you.

Treatment may include:

- > **Manual therapy** to increase soft tissue and joint mobility.
- > **Biofeedback** to learn how to appropriately contract the pelvic floor muscles that assist with the urination process.
- > A **specific exercise program** designed for you to strengthen the control of your pelvic floor muscles to better maintain continence.

Your physical therapist will guide you in the self-management of your condition because consistent follow-through at home is essential to achieving optimal rehab results. We will design a home program specifically for you.

You can visit [www.edward.org/rehab](http://www.edward.org/rehab) or contact our office to let us assist you and answer your questions.

<sup>1</sup> Shamliyan TA; Kane RL; Wyman J. Systematic review: randomized, controlled trials of nonsurgical treatments for urinary incontinence in women. *Annals of Internal Medicine*, 2008 Mar 18; 148 (6): 459-7