

## INCONTINENCE

Incontinence or accidental loss of urine or bladder control affects over 25 million people. This problem is seen in people of all ages but is seen more often in women and people over 65, and during and after childbirth. It takes a huge toll on sufferers in regards to medical cost and worry. Though urinary incontinence is common, it is NOT a normal part of aging or normal consequence of childbirth.

Clemens Physical Therapy can help people regain their confidence and return to the activities they love to do. Pelvic floor muscle weakness, spasm, or poor muscle coordination are often a factor in incontinence that we can address. Treatment is provided in a small, comfortable, caring environment with extensive explanations regarding your plan of care. **Treatment works well along with medication, surgery or other treatments provided by your physician or health care provider.**

*\* for more information, go to **SEARCH** on our website menu and type in **INCONTINENCE***

### TYPES OF INCONTINENCE

**Stress incontinence** – involuntary loss of urine that occurs with physical exertion and increased abdominal pressure.

Leakage of small amount of fluid. Often occurs with coughing, sneezing, straining, jumping, or running. This occurs due to under active pelvic floor muscles. Stress incontinence may be caused by pregnancy and childbirth, injury or trauma, surgery involving the vagina or rectum, episiotomy (during childbirth), and/or lack of exercise and lack of use.

**Urge incontinence** – leakage of medium to large amounts of urine when a person feels a sudden strong urge to urinate. For example, this type of incontinence often occurs when putting the key in the door or hearing running water. Possible causes include poor sensation or not being aware that the bladder is full, neurological problems, enlarged prostate in men, and bladder pain.

**Mixed incontinence** – includes symptoms of both stress and urge incontinence.

**Functional incontinence** – urine leakage that occurs when a person is unable to get to the toilet in time. The causes may include joint pain, dementia, poor eyesight, or just difficulty in getting up and walking. This type is more common in the elderly.

### TREATMENTS AT CLEMENS PHYSICAL THERAPY

**Exercise:** Very gentle strengthening and stretching programs designed to improve the strength and function of the pelvic floor. The goal is to restore function, decrease leakage or pain, and prevent future problems.

**Biofeedback:** Uses a computer screen to “see body processes. Helpful in improving pelvic floor strength and coordination. Also used to teach relaxation techniques or to retrain muscles to perform correctly and efficiently.

**Manual “hands-on” therapy:** Very gentle treatment designed with people with chronic pain in mind. The goal is to stretch tight muscles and joints without aggravating symptoms.

**Modalities:** Moist heat, ice, ultrasound, or electrical stimulation to decrease pain and inflammation and loosen tight muscles or help strengthen weak muscles

**Education:** Addresses safe lifting techniques, work/activity modification, posture awareness, and prevention measures. Most types of incontinence respond very well to treatment and improvement can be maintained by exercises done at home.

Clemens Physical Therapy PLLC

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# CLEMENS PHYSICAL THERAPY, PLLC

## Why We Are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments
- We see men, women, and children

## How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**  
**304-842-6008**

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