

## HOW CAN PHYSICAL THERAPY HELP?

A physical therapist will perform an examination and determine which of the following treatments will work best for you.

- **Pelvic Muscle Exercise:**  
To increase strength in the muscles near the bladder.
- **Bladder Training:**  
To train your bladder to hold and release urine according to a time table.
- **General Exercise:**  
To improve overall muscle strength, endurance, and functional mobility.
- **Dietary Education:**  
To help identify foods and beverages that aggravate the bladder such as caffeine and alcohol.
- **Electrical Stimulation:**  
To increase muscle strength and decrease symptoms of bladder irritability.
- **Biofeedback:**  
To train the pelvic muscles to work more efficiently.



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# SCARED TO LAUGH?

## URINARY INCONTINENCE



CULPEPER  
REGIONAL HOSPITAL

Physical Therapy and Rehab

## TYPES OF URINARY INCONTINENCE

- **Stress Incontinence:**

Loss or leakage of urine with exertion: sneezing, coughing, running, or lifting.

- **Urge Incontinence:**

A frequent, uncontrollable need to urinate, that may be accompanied with leakage.

- **Mixed Incontinence:**

A combination of urge and stress incontinence.

- **Overflow Incontinence:**

Failure of bladder to empty completely. Results in urine dribbling out and the bladder feeling full.

## QUESTIONS OFTEN ASKED

### Is leaking Normal?

Many women live with urinary incontinence (uncontrolled loss/leaking of urine) because they feel it is a normal part of having children or aging. While it is true that as many as 17 million adults suffer from urinary incontinence, it is **not normal**. There are treatments available for many types of urinary incontinence.

### Causes and Contributing Factors

- Muscle weakness
- Hormonal changes
- Bladder infection
- Medication
- Pregnancy
- Childbirth
- Diet
- Nerve damage
- Overactive muscles
- Pelvic surgeries
- Neurological condition

## WHAT CAN I DO ABOUT URINARY INCONTINENCE?

The first thing you should do is to notify your doctor. Your doctor may also want to know:

- Current medications
- Incontinence history
- Menstrual history
- Past surgeries
- Childbirth history
- Urinary symptoms

Your doctor may run some tests and may refer you to specialists:

- Urologist
- Gynecologist
- Urogynecologist
- Urology nurse
- Physical Therapist

If your doctor sends you to a physical therapist for treatment of your incontinence, a prescription is required.