

## BLADDER CONTROL & PELVIC PAIN

*Incontinence is the loss of control of the bladder. If you have this condition, you cannot predict when you will urinate. This is a common problem for women of all ages, but especially at midlife and beyond. It is estimated that over 25 million Americans experience urinary incontinence, and 75-80% of those are women.*

***Incontinence is not normal after childbirth or a normal part of aging.*** If you have incontinence issues, seek medical care right away.

**STRESS incontinence:** A small amount of urine is released when you laugh, cough, sneeze, run or do other physical activities.

**URGE incontinence:** The urge to urinate comes on so quickly that you cannot reach the toilet in time.

**OVERFLOW incontinence:** Your bladder is always full, causing it to release small amounts of urine at a time.

**REFLEX incontinence:** Nerve damage causes a loss of bladder control.

Incontinence can have many causes, including muscle weakness, infection, pregnancy, surgery, or lower back injury. It can also be a symptom of another disease such as diabetes, multiple sclerosis or muscular dystrophy.

### PELVIC PAIN

Pelvic pain in women can take various forms, including: 1) abdominal pain, 2) genital pain, 3) pain with intercourse, 4) pain after childbirth, 5) pain after pelvic or abdominal surgery, or 7) Coccyx or tailbone pain.

***Be sure to discuss your incontinence or pelvic pain issues with your healthcare provider to rule out treatable medical conditions.***

### APPOINTMENTS - LOCATIONS

For an appointment with a physical therapist in Aitkin or McGregor, call (218) 927-5580.

### THERAPY CARE

Riverwood's Rehabilitation Department offers comprehensive treatment to help individuals eliminate their symptoms of incontinence and pelvic pain. Physical therapy can help keep pelvic muscles healthy and working well.

Our physical therapy team has advanced training in evaluation and treatment of incontinence and pelvic pain. **Physical Therapist Jessica Johnson** is specially trained in treatment of pelvic pain and urinary incontinence, doing biofeedback for urinary incontinence and pelvic health issues since 2005.

### WHAT TO EXPECT

The therapist will complete a thorough evaluation, including an assessment of range of motion, strength and mobility of the pelvis and surrounding structures as well as an internal pelvic floor muscle examination. The next step is customizing a treatment plan to best fit the patient's needs.

The initial evaluation can last up to 90 minutes. Follow-up visits of about 30-60 minutes are usually scheduled weekly. A typical course of care is usually 4-6 visits, sometimes more, or less, based on the needs of the patient.