

Women's Health Physical Therapy

WHAT IS URINARY INCONTINENCE?

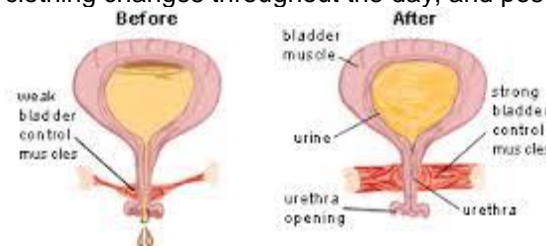
If you are among the 13 million Americans that experience [URINARY LEAKAGE](#), you can take back control of your body. **No amount of urinary leakage is “normal”.**

Urinary incontinence is defined as any leakage of urine. There are different types of incontinence that men and women of all ages are affected by, including the following:

- **Stress incontinence:** is leakage of urine that occurs with increased pressure on the bladder such as with coughing, sneezing, laughing, running, jumping, and/or walking. Usual causes are pregnancy, childbirth, vaginal or rectal surgery, episiotomy, pelvic organ prolapse, increased abdominal weight, and weakness.
- **Urge incontinence:** is the sudden, strong urge to urinate. This can occur at any time during the day and night (nocturia). It occurs when the bladder muscle is spasming due to shortened, overactive pelvic floor muscles and/or improper diet.
- **Mixed incontinence:** signs and symptoms of both urge and stress incontinence.
- **Functional incontinence:** is the leakage of urine when you are unable to get to the bathroom in time. This may be due to dementia, depression, environmental barriers such as the bathroom being too far away, joint pain, and/or muscle weakness.

Why Physical Therapy?

According to research, approximately **50%** of people are able to perform a Kegel correctly with written instructions! **PHYSICAL THERAPY** can teach you how to correctly isolate your pelvic floor to perform a Kegel, depending on your type of incontinence. **PHYSICAL THERAPY** can also assist with altering your diet to avoid bladder irritants and ways to decrease the feeling of “urge”. **PHYSICAL THERAPY** can help you reduce the need for incontinence medications, incontinence pads such as Poise, special garments, number of clothing changes throughout the day, and possibly even surgery.



When should you seek Physical Therapy?

- You have ANY amount of urinary leakage. Leakage is NOT normal, even after childbirth!
- You limit your social activities due to fear of leakage
- You are wearing pads and/or changing clothing due to leakage
- You urinate frequently (less than every 2-4 hours or greater than 10 times per day)
- You wake up > 2 times during the night to urinate

Morris County Hospital Rehab Center is pleased to announce the addition of **Catherine Siegle PT, DPT** who specializes in Women's Health, which includes incontinence and pre/post-natal physical therapy. Please don't be part of the 70% that do not seek medical intervention for incontinence. Take back control of your bladder!