

# At Banner Good Samaritan, we respect your privacy and your dignity.



Incontinence is commonly known as “reduced bladder control.” Men and women of all ages experience leakage of urine when muscles of the pelvic floor and bladder are weak, or function improperly. If you’re one of them, read on. We can help you.

Banner Good Samaritan offers treatment for incontinence, without surgery, without pain, and without side effects. The treatment includes pelvic and related muscle rehabilitation and behavioral modification techniques which is highly successful. Incontinence can be significantly reduced or even eliminated.

## The Physical Therapy Approach

Incontinence can sometimes be treated with drugs or surgery, but increasingly physicians recommend physical therapy and biofeedback training like those we offer at Banner Good Samaritan. Here’s how biofeedback works:

Electromyographic (EMG) Biofeedback picks up electrical activity in the pelvic floor muscles through the use of vaginal, rectal or surface sensors. The sensors relay signals to a computer which displays muscle activity on a color screen.

You’ll receive treatment in a private room from a qualified Physical Therapist. With the use of the EMG Biofeedback, you’ll identify and isolate the muscles needed for bladder and rectal control. Our licensed physical therapist provide a bladder health program designed to enhance the function and control of the pelvic floor and bladder muscles.

## Is Incontinence Therapy right for you? It is if:

- You have urinary leakage with sneezing, coughing, running, or jumping.
- You experience a sudden or frequent urge/need to urinate.
- You experience losses of large amounts of urine following sudden urges to void.
- You have loss of urine during nighttime sleep or increased frequency of nighttime toileting.
- You experience loss of urine during fitness activities.
- You experience difficulty initiating urination or feel the need to strain when urinating.
- Your losses of urine incidents cause you to alter your daily household activities, travels, work, social activities, relationships with friends, intimate



## Who Can Benefit?

- Ante partum/post partum women
- People with problems following illness or surgery
- Female athletes
- Women who are menopausal
- Women with pelvic pain
- Men or Women with diabetes, multiple sclerosis, interstitial cystitis, or low-back pain
- Men with prostatitis
- Children with night incontinence

## The First Step:

Obtain a doctor's prescription for physical therapy treatment for incontinence.

Schedule an initial 1-hour evaluation. This includes pelvic muscle strength assessment, biofeedback treatment, patient education and an individualized home exercise program.

Follow-up with 30-45 minute treatment 1-2 times a week for continuing education and progression of home exercises.

Current Research indicates an average of four to 12 treatments are needed for good results.

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## Incontinence Therapy

*A biofeedback-assisted exercise program to treat bladder control problems*

