

Women's Health THERAPY



What Does Women's Health Therapy Do?

Our specially trained therapist offers women's health therapy and expert treatment for pelvic floor dysfunction. Patients receive one-on-one treatment with our female therapist in a private and comfortable setting, and receive the latest research and treatment methods for the most advanced plan of care.

During therapy, you can expect:

- Education on what's causing incontinence
- Core strength evaluation, including the pelvic floor
- Introduction of home exercise program to strengthen and train weak muscles or relax overactive muscles



What is URINARY INCONTINENCE?

Urinary incontinence is the loss of bladder control, resulting in accidental urine loss. This can come in the form of:

- **Stress incontinence** - the loss of urine from pressure on the bladder, such as when running or coughing
- **Urgency incontinence** - a strong, sudden need or urgency to urinate before losing urine
- **Mixed incontinence** - a combination of both symptoms

CAUSES

- ✓ **Childbirth**
- ✓ **Chronic Coughing**
- ✓ **Menopause**
- ✓ **Neurological Problems**
- ✓ **Physical Inactivity**
- ✓ **Obesity**
- ✓ **Aging**

A referral is not needed in order to see a women's health therapist, however, your insurance may not cover the visit without a referral.



DID YOU KNOW? Research shows that 25% to 45% of women have some degree of urinary incontinence.