

A photograph of an elderly couple smiling and embracing each other outdoors. The man is wearing a light blue and white checkered short-sleeved shirt, and the woman is wearing a white long-sleeved shirt and a white hat with a red and white patterned band. The background is a soft-focus green and yellow outdoor setting.

Rehab Services Tailored for You

What is Urinary Incontinence?

Involuntary urine loss. There are 3 different types of urinary incontinence which include:

- **Stress Incontinence**-involuntary loss of urine with physical exertion
- **Urge Incontinence**-involuntary urine loss accompanied by or immediately preceded by urgency
- **Mixed Incontinence**-combination of urge and stress symptoms

Pelvic floor muscles are layers of muscles that support the pelvic organs. If there are limitations with these muscles you may have urinary incontinence.

However, Occupational Therapy staff can teach you to rehabilitate pelvic floor muscle groups and decrease these urinary incontinence symptoms.

Initial Occupational Therapy Appointment Might Include:

- Verbal discussion
- History/Intake Form
- Education regarding urinary incontinence and possible treatments
- There are NO internal screenings

Treatment May Include

- **Exercise:** Occupational Therapy Staff will educate you on various exercises you can complete to strengthen pelvic floor muscles and decrease your urinary incontinence symptoms
- **Biofeedback:**
 - This is a safe, painless and effective technique to assist with muscle training and re-education to help decrease urinary incontinence symptoms.
 - External sensors are used to help with assessment and treatment of pelvic floor muscles so that the symptoms of urinary incontinence will decrease



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