

How To Gain Control of Your Bladder Through A Safe, Non-Surgical Program

THE PROBLEM

Incontinence means the involuntary loss of bladder or bowel control – the inability to control when and where urination and/or bowel movements will occur. This problem is a common disorder experienced by as many as 20 million males and females of all ages. It often seems difficult to manage and many are of the mistaken belief that nothing can be done to correct it. Incontinence can lead to frustration, isolation, and depression. The elderly find themselves placed in nursing homes when family members are no longer able to cope with the problems incontinence creates.

IT'S NOT HOPELESS

Incontinence is not a hopeless condition. Embarrassment, shame, and a mistaken sense of helplessness about management of the problem can prevent people from seeking help. The good news is that physical therapy can help. Studies show that only 1 in 12 persons seek help for incontinence but over 80% of all incontinence sufferers gain measurable results from conservative treatment.

CAUSES AND TYPES OF INCONTINENCE

There are many causes of incontinence, including infections, pregnancy, surgery, and being overweight. It can also be brought on by a variety of diseases like diabetes, multiple sclerosis, and muscular dystrophy

There are different types of incontinence.

- **Stress Incontinence** – a small amount of urine is released during such every day physical activities as laughing, coughing, and sneezing.
- **Urge Incontinence** – the urge to urinate comes on so suddenly that it is often impossible to reach the toilet in time.
- **Overflow Incontinence** – the bladder is constantly filled, causing it to release small amounts of urine frequently.
- **Reflex Incontinence** – the absence of bladder control due to impaired nerve function.
- **Fecal Incontinence** – impaired sensation or muscle control that results in the loss of stool or the staining of underclothes.

DESIGNED TO MEET YOUR NEEDS

At Manger-Harrington Physical Therapy, you will find a conservative approach to solving your incontinence problem. You will not be asked to undress or perform a physical exam. We advocate a self-help program of exercise, relaxation, and surface EMG which has proven effective in helping many patients regain bladder and/or bowel control. The exercises are essential in strengthening the muscles that support the pelvic and/or prostate organs. When weakened or stretched, the muscles can cause or contribute to the problem of incontinence. The exercises you will be taught are simple to do but play a major role in helping you overcome incontinence.

WHAT IS SURFACE EMG?

Surface EMG is a biofeedback tool that helps you understand the natural body signals that take place before incontinence occurs. It enables you to learn how to control the muscle which prevents untimely wetting by giving you immediate feedback while you exercise. Generally the exercises and EMG program can be mastered in 2 to 6 weeks.