



Is a leaky bladder keeping you from doing the things you love? Do you restrict your fluid intake to avoid bathroom trips? Does it make you nervous to cough or sneeze?

You're not alone! Urinary incontinence is incredibly common and very treatable.




If incontinence is affecting your quality of life, it's important to talk to your doctor because urinary incontinence may:

- Cause you to restrict your activities and limit your social interactions
- Negatively impact your quality of life
- Increase the risk of falls in older adults as they rush to the restroom
- Indicate a more serious underlying condition

Contact Us

Stewart Memorial Community Hospital
Rehabilitation Services

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Urinary Incontinence Services

Stewart Memorial Community Hospital
Rehabilitation Services



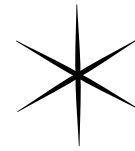
www.stewartmemorial.org

About

Ann Riat, SMCH Physical Therapist and Pelvic Health Specialist, has 20 years of experience treating male and female urinary incontinence. She has completed specialized training from the Women's Health Section of the American Physical Therapy Association for this condition.



"I strongly encourage people to speak with their medical providers about their symptoms and get a referral for pelvic services. You don't need to accept urinary incontinence as a 'normal' part of life -- you can do something about it!"



Understanding Urinary Incontinence

STRESS incontinence. Urine leaks when you exert pressure on your bladder by coughing, sneezing, lifting, jogging, etc.

URGE incontinence. You have a sudden, intense urge followed by an involuntary loss of urine.

OVERFLOW incontinence. You experience frequent or constant dribbling due to a bladder that doesn't empty completely.

FUNCTIONAL incontinence. A physical or mental impairment keeps you from making it to the toilet in time. For example, if you have arthritis, you may not be able to unbutton your pants quickly enough.

MIXED incontinence. You experience more than one type of urinary incontinence — most often refers to a combination of stress incontinence and urge incontinence.

What does therapy look like?

01. Evaluation

We'll thoroughly examine the strength and coordination of pelvic floor muscles.

02. Education

Patients will learn about bladder function, normal voiding patterns, proper fluid intake, constipation management, and more.

03. Exercise

Together we'll work on bladder retraining and progressive functional exercise. SMCH is proud to offer Biofeedback-assisted exercise, which allows patients to see on a monitor whether or not they're contracting their pelvic floor muscles correctly.

