



PERRY MEMORIAL HOSPITAL

Medical Rehabilitation

530 PARK AVENUE EAST | PRINCETON, ILLINOIS 61356 | 815-876-4494

About our Bladder Control Program

Now there are new methods to control urinary incontinence (an involuntary loss of urine). Problems may include urgency (strong desire to urinate even when the bladder is not full), frequency (urinating more than 6 – 8 times a day or more than once every two hours with normal fluid intake) and nocturia (awakening from sleep due to the urge to urinate).

Treatment may include: education regarding pelvic floor muscles and normal emptying techniques, bladder retraining and timed schedules for urinating, exercises to strengthen the pelvic floor muscles and dietary modification.

A physical therapist can help through instruction in strengthening the pelvic floor muscles to prevent incontinence onset or reverse the process, evaluation and identification of treatment goals.

Common Questions About Continence Training

1. How does a person go about seeing a Physical Therapist for continence training?

First Visit your doctor (family doctor, urologist, gynecologist, etc) – any physician can refer you. Your physician will screen you for appropriateness.

- A doctor's prescription is necessary to have the treatment.

2. Who should be seeking your services? Who are your best candidates for therapy?

Most common diagnoses:

- a. stress, urge, and mixed incontinence;
- b. pelvic pain;
- c. pre natal and post partum moms;
- d. pre and post radical prostatectomy.

1. What does a typical session of Physical Therapy for continence training include?

45-60 minute sessions;

- private;
- fully clothed;
- one on one with skilled therapist;
- education on dietary irritants, proper toilet postures;
- completion of a weekly voiding diary;
- urge control techniques;
- HEP: Kegels, various exercises to strengthen the pelvic floor in various positions; relaxation training;
- Biofeedback – visual feedback of what the muscles are doing – it helps the therapist and patient know exactly where the weaknesses and strengths are. It is great positive reinforcement for the patient.



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Common Questions About Continence Training (Continued)

3. How long does formal Physical Therapy treatment continue?
8-12 weeks – usually seen by Terri 1 – 4 times per month depending on patient need
4. What are the usual outcomes of treatment?
85% success rate for bladder control WITH COMPLIANCE WITH THE THERAPY.
They usually see results in 3-4 weeks with compliance
5. How long will a person need to continue with their own home exercise and self treatment?
depends on the severity of their problem, but it won't be a "forever thing" – usually a few months for doing the exercise on a daily basis. After that, it becomes maintenance – the person should continue with the exercise (a few Kegels at least) every couple weeks.
6. What happens if a person stops doing their exercises after finishing formal therapy?
Usually if a person stops doing the exercise all together (doesn't even do it every couple weeks) after about 9 months or so, they start having bladder control problems again. In this case, they would need to immediately restart their home exercise again.

For more information contact our Medical Rehabilitation Department at 815-876-4494.