

You Are Not Alone!

15-25 million American adults have REPORTED incontinence. Below are the results of some pelvic floor studies:

- 💧 Urinary incontinence affects 1/4 of all women of reproductive age and 42% of post-menopausal women.
- 💧 Up to 4% of men had incontinence at 3 months post-prostate surgery.
- 💧 40% of women leak during exercise and wear a pad.
- 💧 The occurrence of incontinence in men tends to increase with age -- increasing from 3.6% to 28.2%.
- 💧 84% of female incontinence cases found "behavioral" treatment successful.
- 💧 It takes the average man 7 seconds to tell his doctor he has incontinence. It takes the average woman 7 years to tell her doctor she has incontinence.
- 💧 42% of high school females experience some form of involuntary urine leakage.
- 💧 40% of women do pelvic floor exercises incorrectly.
- 💧 More than 50% of nursing home residents are incontinent.
- 💧 Urinary incontinence may continually worsen over time if untreated and lead to other pelvic floor problems.

There's no need to wait to seek treatment! Incontinence is a problem you DON'T have to live with!



Integrity

Rehab & Home Health

Most Insurance Accepted, including Medicare, Medicaid Scott & White Health Plan, and Tricare.

Toll Free: 1.866.953.9428

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Taking Control of Incontinence



80% Improvement in Leakage with Physical Therapy!



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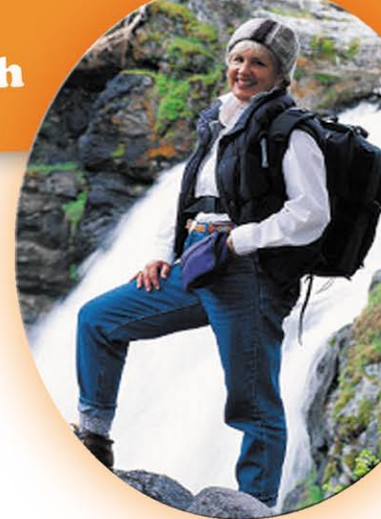
Rehab & Home Health



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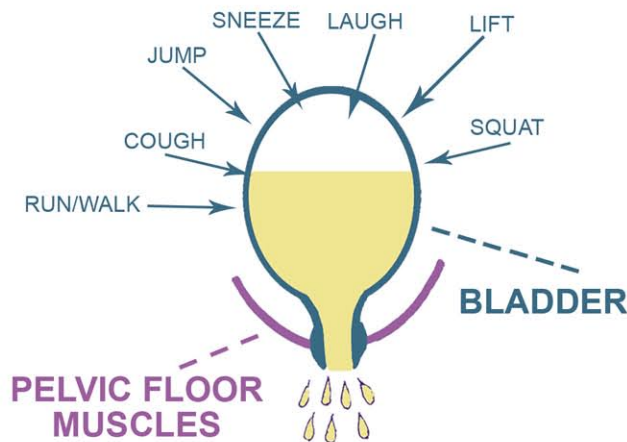
Incontinence Care at Integrity Rehab & Home Health



What is Incontinence?

- **Urge Incontinence** - Sudden urge to use the bathroom. Frequently, you may not make it in time, and will have a medium to large loss of urine.
- **Stress Incontinence** - Leakage with activity - especially laughing, sneezing, exercising, jumping, etc. The primary cause is weak pelvic floor muscles.
- **Mixed Incontinence** - Combination of both urge and stress incontinence.

Activities that can Strain the Pelvic Floor Muscles and Bladder



Causes of Incontinence

- Prostate Surgery
- High Impact Physical Activity (running, jumping)
- Pregnancy and Childbirth
- Weak Pelvic Floor Muscles
- Atrophy in Muscles Due to Aging
- Bladder Infection
- Obesity
- Herniated discs in Lower Back
- Medications
- Irritable Bowel Syndrome
- Constipation
- Hormonal Changes during Menopause
- Chronic Coughing



Benefits of Treatment

- Decreased leakage
- Improved muscle control during activities that stress the bladder
- Improved ability to void WHEN and WHERE you decide to.
- Decreased odor
- Increased confidence and self-esteem
- Decreased embarrassment, guilt, anger and laundry

Treatment of Incontinence

- **Biofeedback:** A machine allows you to view your muscle contractions on a screen. You'll learn to use the muscles correctly when you "see" the results of your efforts. Biofeedback enhances improvement of muscle strength, coordination and endurance.
- **E-Stim:** This machine gives gentle electric stimulation to the pelvic floor muscles to aid in muscle contractions, helping to increase muscle strength for people who are struggling with incontinence due to muscle weakness.
- **Vaginal Cones & Weights:** Small tampon-like weights are inserted into the vagina to increase strength in the pelvic floor muscles. The weight is increased as your pelvic floor muscles become stronger.
- **Education:** The way you conduct normal, everyday activities may exacerbate your incontinence problem. Your therapist will help you devise lifestyle strategies designed to reduce incontinence.
- **Bladder retraining and schedules for urinating.**
- **Exercises:** Your physical therapist will go over various exercises that you can do at home to increase muscle strength in the pelvic floor.

How to Get Help

Call Integrity Rehab today. We will ask about your situation and the name of your doctor. We can coordinate with your doctor directly to get orders to perform assessments and physical therapy.

Call: 254.699.3933