



Treatment for Patients with Urinary Incontinence

(Inpatient and Outpatient)

If you experience too many and too frequent trips to the bathroom, it's now time to take charge of your life

Yes, there's help for you with the latest advantages of technology and specially trained therapists. Are you aware that there are many types of overactive bladder symptoms? In general, it refers to the leakage of urine at inappropriate times, such as when you cough, laugh or sneeze. Fortunately, therapy can greatly help.

It's about better bladder functioning with therapy to strengthen pelvic-core muscles

Our personalized and computerized intervention helps to power-up the right muscles and give you six benefits.

- Techniques to help you successfully work the correct muscles and sequence them appropriately
- Revolutionary core exercises to effectively strengthen the pelvic muscles
- Training to stretch and strengthen other important muscles
- New ways to decrease urinary urge and frequency
- Biofeedback computer that shows you how your muscles are working
- Electrical stimulation to gently guide and coax muscle strengthening

It's about improving your life in so many ways

- You will be given advice on lifestyle, nutrition and diet changes that make a real difference
- Increased confidence through physical therapy intervention
- Reduced medication use and costs
- Daily cost savings with less usage of pads and panty liners
- Added life enjoyment with more travel and outings with friends and family
- Therapy can give back speed of mobility and ease of transport to the bathroom

We've listened to our patients who live with urinary incontinence. Everything you couldn't easily ask can be answered by our highly trained physical therapist. We will personalize a program for any adult (male or female) with overactive bladder symptoms and help patients take back control of their life.

With all the quality of life benefits awaiting you, start your individualized program now. You don't have to put up with urinary incontinence. Experience a better life with newfound control.