

Urinary Incontinence

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Urinary Incontinence is a condition with involuntary loss of urine. Women and men can experience this condition and it is a lot more common than you think. 15 to 25 million Americans suffer from urinary incontinence and over 50% of nursing home residents have incontinence.

Incontinence can be caused by stress on the muscles of the pelvis such as sneezing, coughing and/or laughing. These muscles help to prevent incontinence and can get weak over time if not used properly. This is termed 'stress incontinence'.

An urge to urinate can also cause incontinence by an involuntary bladder contraction when you do not want it to. This can present as an urge to urinate with running water or when pulling into the garage or putting your key in the door. This is termed 'urge incontinence'.

Incontinence can also be a combination of both of these types of stress and urge incontinence.

Physical Therapists who are specialty trained can help with these conditions by teaching patients how to use the pelvic floor muscles more effectively. The therapists at **WoMen's Physical Therapy Institute** would instruct in exercises, changing habits and retraining the bladder.

Getting up the courage to discuss this problem with your doctor will get you on the right track to a Physical Therapist that can help with this problem.