

Manual Therapy International Clinical Sites:

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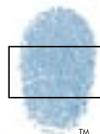
Sports Therapy • Manual Therapy • Orthopaedics • Spine



Understanding and Treating Changes in Bladder Control

With Physical Therapy, it doesn't have to be chronic.

Our therapists who work with bladder control changes can help you effectively manage your concerns and keep you active.



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Physical Therapy for Understanding and Treating Changes in Bladder Control

Many patients are not aware that easy solutions and training exercises are available to combat common bladder issues in women and men. Our patients have benefited from education, activity modification and exercise rather than medications and/or other treatments.

Possible symptoms:

1. Change in frequency and urgency to urinate
2. No longer making it to the toilet without having a leak accident
3. Leak accident with physical stresses (cough, sneeze, sudden physical movement)
4. Difficulty relaxing muscles or unexplainable onset of dyspareunia (difficult or painful intercourse).

Possible reasons for changes in bladder control:

1. Muscle weakness of the pelvic floor and/or associated lower abdominal wall muscles; may be due to deconditioning or pre/postnatal changes
2. Muscle tightness or reflexive tightening of pelvic floor muscles
3. Beginning stages of organ prolapse
4. Changes in nerve function

Your symptoms may be better managed or relieved with physical therapy:

- 1. Biofeedback:** Because the pelvic floor muscles are often difficult to perceive when contracting, biofeedback can help to reeducate the muscle for contraction or relaxation. Biofeedback assists the patient at the clinic, and at home, to practice normal contractions or relaxation. Training also assists in incorporating these muscles into functional activities.
- 2. Behavioral Training:** An important adjunct to biofeedback is education of the muscular anatomy, muscle function, and the effects diet and exercise have on achieving control. Examples include keeping a voiding diary to train normal bladder function and improved food and beverage choices to avoid unnecessary bladder stimulation.
- 3. Home and Clinic Exercises:** Exercise conditions and coordinates pelvic floor muscles, as well as stabilizing core muscles of the abdominals and lumbar spine. Exercise begins with coordinating muscle contraction and relaxation with progression to endurance and strength training. Late stage exercises help patients incorporate improvement into their everyday life and their functional goals.