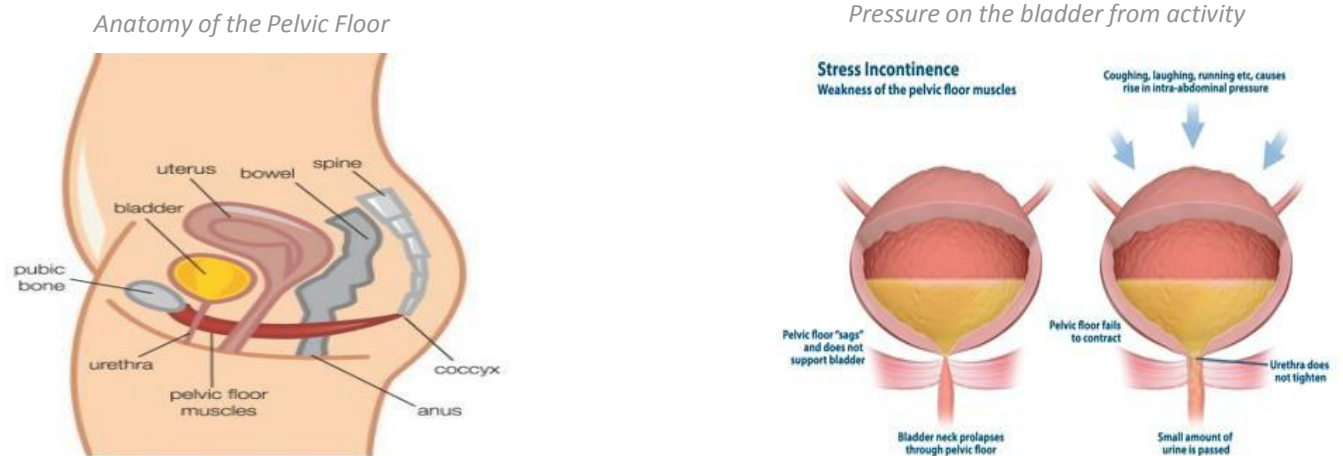
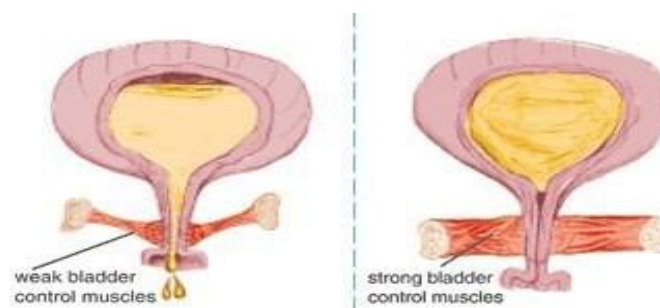


Understanding Stress Incontinence

Stress Incontinence is an *anatomical condition* that occurs when pressure is put on the bladder from a laugh, cough, sneeze, jump, bend, etc. and that pressure exceeds the urethral closure pressure.



Our Pelvic Floor Therapy program is a comprehensive plan of care to rehabilitate the pelvic muscle through pelvic muscle exercises, Electrical Stimulation, lifestyle modification, and a lifetime maintenance plan. It is based on the fact that a strong pelvic muscle will help hold sphincter muscles together, like a rubber band, at the Urethra which helps stop urinary leakage. See image below.



Common causes of Stress Incontinence can include: pregnancy, childbirth, obesity, straining, chronic constipation, heavy lifting, age, high impact exercise, and chronic coughing.

Empowering Women. Restoring Hope.