



# CONTROL

## Urinary Incontinence

### Therapy Interventions for Treating Urinary Incontinence

When you accidentally leak urine, it is known as urinary incontinence. Incontinence is a very common issue and more common in older adults. However, urinary incontinence does not have to be a part of your daily life. Treatment options are shown to be effective for many people and may include medications, bladder training, fluid/diet management, environmental modifications, and exercise.

#### Physical & Occupational Therapy can help you regain control over your symptoms.

Treatment interventions such as behavior modification and bladder retraining can help prevent future urinary tract infections, restore bladder function and greatly improve your quality of life.

Pelvic floor muscle training is a non-invasive, painless treatment option for many bladder issues and has an 80% success rate in helping patients regain continence.



Consider the benefits of a rehabilitation program for urinary incontinence. Talk to your doctor about symptoms and discuss a referring order to physical or occupational therapy. For more information, please contact your on-site Therapy Department to discuss your concerns and treatment options.

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