

Urinary Incontinence



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What is Urinary Incontinence?

Urinary Incontinence is the involuntary loss of urine. Stress Incontinence is the most common form and occurs during physical exertion associated with coughing, laughing, sneezing, lifting, or exercise. Urge Incontinence is caused by over activity of the bladder muscles, leading to leakage and a sudden urge to urinate. It affects between 30-45% of women over 45 and increases with age.

What Causes Urinary Incontinence?

Incontinence can result from any of these conditions:

- Weakened pelvic floor muscles
- Pregnancy with vaginal delivery
- Increased age
- Certain medications
- History of high impact activities
- Diabetes
- Stroke
- Menopause and estrogen depletion
- Hysterectomy

What is the Pelvic Floor?

A group of muscles in the lower pelvis that supports the pelvic organs; the pelvic floor is responsible for closure of the urethra, vagina, and anus. It increases stability of the back, pelvis, and hips.

Can Incontinence be Helped?

A physical therapist can help train your pelvic floor muscles. Sometimes, surgical intervention is also needed, and medications can often be prescribed by your physician.

Physical Therapy Assessment

A physical therapy assessment will be completed and may include an internal examination of your muscles, bony structures, and scar tissue. Your feedback regarding urination frequency, volume, and leakage will be documented. Strength and endurance changes in pelvic floor muscles and a general musculoskeletal assessment of flexibility, strength, endurance, and joint mobility will be included in your assessment.



Physical Therapy Interventions

Interventions may include pelvic floor strengthening with or without vaginal cones, biofeedback, electrical stimulation, Kegel exercises, nutritional changes, fitness, urge suppression techniques, breathing and relaxation techniques, and therapeutic exercises that emphasize muscular balance and flexibility. Treatment is generally completed during 1-2 therapy visits per week for a total of 8-12 visits. Each visit lasts about one hour. Compliance with a home therapeutic regimen and behavioral interventions is essential for a successful outcome.

Referral Process

Indiana law requires a physician referral for all physical therapy. The law also empowers patients to choose their physical therapy provider. Ask your physician to refer you to Indiana Physical Therapy Woman for incontinence treatment. Your therapist will work with your physician to help establish a specific treatment protocol.

Why Indiana Physical Therapy Woman?

Indiana Physical Therapy Woman specializes in the treatment of women's unique diagnoses and conditions. In addition to our therapeutic exercises, Indiana Physical Therapy Woman also specializes in the training during and post partum pregnancy, pelvic pain, urinary incontinence, fecal incontinence, osteoporosis, and lymphedema.

Director of the clinic, Margaret Bryden, PT, WCS, COMT, CSCS, is certified in pelvic physical therapy through the APTA and is a Board Certified Woman's Clinical Specialist. This is the highest expertise a therapist can achieve in women's health.

For questions about Indiana Physical Therapy Woman or women's physical therapy, please contact Margaret Bryden at (260) 969-8992.



Indiana Physical Therapy Woman is a specialty division of Indiana Physical Therapy