

## Physiotherapists: Integrating Treatment & Daily Living

Physiotherapists know that integrating treatment into daily living activities is critical to the successful management of incontinence. By providing education, exercises, management strategies and support, the physiotherapist can assist in providing the individual with the best chance in creating an optimal outcome.

### Did You Know?

The Canadian Continence Foundation estimates that 1.5 million Canadians are incontinent. Contrary to myth, incontinence occurs in young and old, men and women, and is not a normal process of aging. Incontinence affects many aspects of life:

- work
- social activities
- recreation
- travel
- sex

Whatever the cause, physiotherapy treatment can often help in the management of incontinence.

**CALL OR VISIT US AT:**

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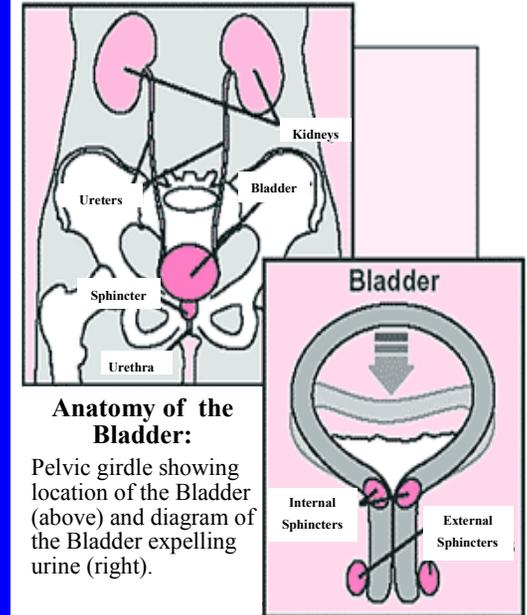


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### Our Mission Statement:

**Our Expert services are committed and caring. We continue to excel in serving generations of the Burnaby Community.**

## Incontinence & Physiotherapy



**Eight Rinks  
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Physiotherapists  
Your Body Specialists

## Incontinence

Incontinence is any involuntary leakage of urine. It affects 1.5 million Canadians today. Contrary to myth, incontinence is not just a problem for older women. It occurs in young persons, in men and it is not a normal part of aging. This treatable condition can limit many aspects of life including work, social activities, travel, recreation and sex.

There are two types of incontinence. The first type is stress incontinence, which is the leakage of urine during activities such as coughing, sneezing, lifting or exercising. Childbirth, abdominal and/or bladder surgery, and de-conditioning of muscles are some of the causes of weak pelvic floor muscles which can be treated by physiotherapy. The second type is urge incontinence, which occurs when the urge to urinate is overwhelming and you can't make it to the toilet in time or you have to urinate very frequently. Urge incontinence can be caused by bladder infection, constipation, or it may be an effect of spinal injury, Parkinson's Disease or a stroke. Pelvic floor muscle exercises taught by a physiotherapist can also help control urge incontinence. Some men and women experience both urge and stress incontinence together.

## Physiotherapists: Knowledge & Expertise

University educated Physiotherapists with postgraduate continence training have developed a unique expertise in the assessment and treatment of urinary incontinence.

Working from an evidence based perspective, Physiotherapists are able to combine their knowledge of bowel and bladder control mechanisms with their expertise in muscle physiology and exercise rehabilitation.

Physiotherapy treatment options for incontinence are non-invasive and are based on assessment findings and the patient's individual needs and goals. Treatment components may include:

- Exercises to improve core stabilization and pelvic floor musculature Re: strength, flexibility, endurance, and sphincter control
- Manual therapy for tight spinal joints, pelvic joints, and muscles
- Muscle stimulation for retraining weak muscles
- Education re: anatomy, causes, diet, posture, and translation of sphincter control techniques into activities of daily living.

## Physiotherapists: Pelvic Floor Rehabilitation

Successful pelvic floor muscle rehabilitation is central to conservative treatment of incontinence.

Research has demonstrated that with only verbal and/or written instruction, 40-50 % of women are unable to correctly perform a pelvic floor muscle contraction (Kegel exercise), even when they think they have mastered the skill.

Not only is correct pelvic floor function important in maintaining continence, it is also important for pelvic organ support, maintaining correct posture, and performing efficient low back movements.

The pelvic floor muscles must also work in coordination with the diaphragm when breathing.

If pelvic floor function is not optimal, continence will be compromised.

Your physiotherapist will teach you exercises that match your specific needs.

### Kegel Exercises

Contract your pelvic floor muscles for 10 seconds then relax the muscles for 10 seconds. Do one set of 10 repetitions, 3 times a day. Although shown here lying down, these exercises can be done during a variety of daily activities, such as sitting in a meeting, while stopped in your car at a traffic light or when talking on the phone.

