

PHYSICAL THERAPY and WOMEN'S HEALTH

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- **Urinary incontinence (UI)** is a condition in which the involuntary loss of urine is a social or hygienic problem.
- UI is NOT A NORMAL PART OF AGING.
- Women are 7-8X more affected than men.
- 26% of women between the ages of 30 and 59 years old
- 1 in 3 women over the age of 60 years old
- High risk: pregnancy/postpartum, ≥ 4 children, diabetic, frequent accidents late into childhood, recurrent urinary tract infections, menopause, 75+, prostate issues
- One normal daytime urination should be 13-20 seconds long.
- **Pelvic floor muscles** work with the bladder to store and expel urine.
- **Urge incontinence:** Urine loss that occurs within a few seconds to minutes of a strong desire to urinate
- **Stress incontinence:** Urine loss during physical exertion such as coughing, sneezing, or lifting
- **Mixed incontinence:** A combination of stress and urge incontinence
- **Physical therapy** can help:
 - Pelvic floor exercises
 - Surface EMG biofeedback
 - Electrical stimulation
 - Bladder retraining
- Ask your physician for a prescription to begin treatment.

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