

PHYSICAL THERAPY

Q. I have incontinence that causes me to leak urine when I lift, laugh, cough and exercise. I've started exercising less, because of a few embarrassing episodes. Other than suffer with this problem and wearing pads all the time, are there any other options.



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Licensed Physical Therapist

A. Absolutely! No one should have to deal with this. Consult a physical therapist specialized in treating incontinence or pelvic floor conditions. They can evaluate your pelvic floor muscles; along with assessing your hip, back and pelvic joints for problems that could contribute to your leaking. They can use biofeedback that gives a computer reading of your muscle activity and strength. A new, exciting evaluation and assessment technique uses a diagnostic ultrasound to look directly at your muscles so that you can see exactly what these muscles are doing and better train them. You can directly contact a physical therapist or see your doctor first to rule out any medical issues or request a P.T. referral.


Personal Physical Therapy Services
Personal Issues... Personal Care

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