

PHYSICAL THERAPY

Q. The doctor says I have urinary urgency and frequency. I've seen all the commercials for medications to stop people from running to the bathroom all the time, and I've tried some and they haven't worked. I run to the bathroom almost every 30 minutes and I sometimes leak when if I can't make it to a bathroom quick enough. People are beginning to notice and it is interfering with my life. What else can be done for this problem?



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A. Urgency and frequency are a result of bladder irritability. This can be caused by a medical condition, caffeine, medications, infections, low estrogen, or bowel problems. Special exercises, bladder retraining to allow the bladder to fill and empty normally, along with other treatments can make a big difference. You can directly contact a physical therapist specializing in pelvic floor disorders or at your next doctor's appointment request a P.T. referral.


Personal Physical Therapy Services
Personal Issues... Personal Care

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