

Countless women with bladder control problems due to weakened pelvic floor muscles have seen amazing improvements in incontinence symptoms after treatment with

## *Active Life*

Urinary Incontinence Program



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Call today to schedule an evaluation!\*

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\*Prescription may be required by insurance



**MEADOWLAND THERAPY**  
PHYSICAL · OCCUPATIONAL · SPEECH

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# WHAT IS URINARY INCONTINENCE?

Urgency incontinence is a condition in which you lose urine with a strong sudden urge to go and can't get to the bathroom in time. These wetting accidents may make you rely on pads to deal with them.

Stress incontinence is when urine leaks due to activities such as coughing, sneezing, running, or heavy lifting. It's caused by weakness of the muscles that help hold urine in the bladder.

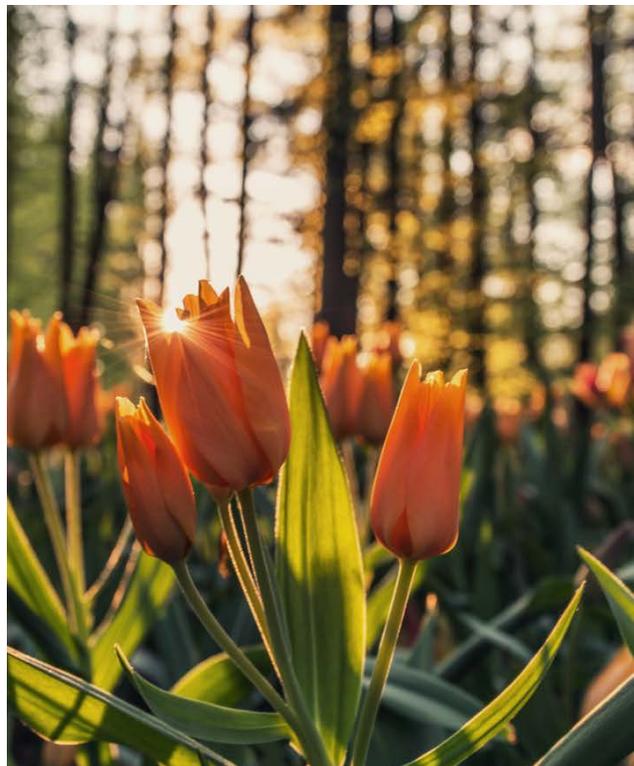
## WHAT CAUSES IT?

Urinary Incontinence is often caused by weakened pelvic floor muscles, which are the muscles that support our organs including our bladder. Age, childbirth, and other factors can contribute to weakened pelvic floor muscles and urinary incontinence.

## IS THE PROGRAM RIGHT FOR YOU?

If you experience leakage or loss of bladder control from any of the following activities, please give us a call to schedule an evaluation.

- Sneezing
- Coughing
- Laughing
- Exercise
- Running or walking
- Lifting heavy objects



## *Active Life* BASICS

With *Active Life* Urinary Incontinence Program, skilled physical therapists use non-invasive methods to assist in re-training and strengthening the pelvic floor muscles.

## HOW IT WORKS

Using specialized equipment and techniques, you will learn how to retrain your pelvic floor muscles so that urinary incontinence no longer has control over your life and the activities you enjoy.

Treatment techniques offered by Meadowland Physical Therapy include the use of computer assisted biofeedback for the pelvic floor muscles. This effective method allows direct contact with weakened muscles and is applied by the patient in a private room.

## CONTACT US

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