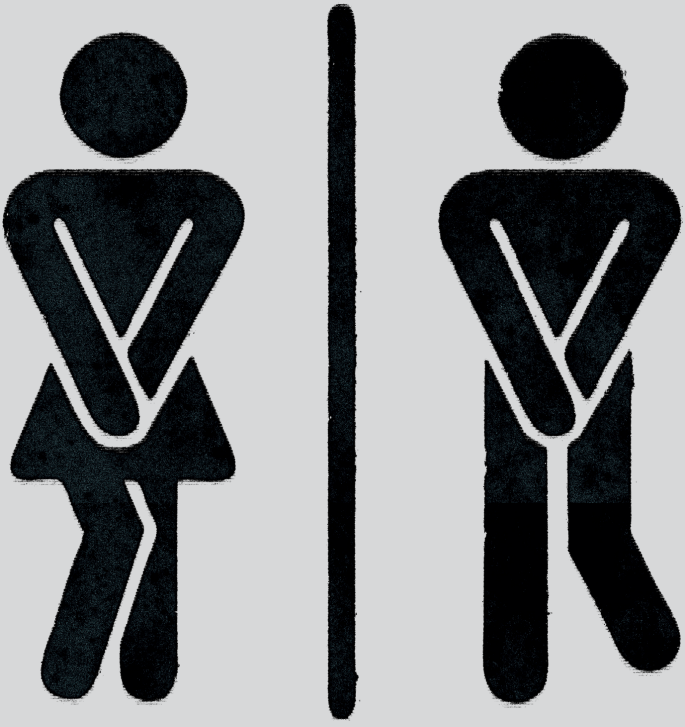
INCONTINENCE & PELVIC FLOOR REHABILITATION



Aylara
Pelvic Health

URINARY INCONTINENCE IS ANY INVOLUNTARY LEAKAGE OF URINE.

It is a common and distressing problem, which may have a profound impact on your quality of life. Urinary incontinence may be related to age, surgery, or weakened muscles. It occurs more commonly in women than men, but does affect both genders. The incidence of urinary incontinence increases with age.

INCONTINENCE IS VERY TREATABLE.

In some cases medication and surgery are required, but research has shown that large majority of cases of incontinence improve with pelvic floor rehabilitation alone. The pelvic floor is the muscular area in the lower part of the abdomen, attached to the pelvis. These muscles help control urination.

PELVIC FLOOR REHABILITATION.

Performed under the direction of a specially trained physical therapist this process addresses the strength and awareness of the pelvic floor muscles. The physical therapist uses electrical stimulation, biofeedback, bladder education and retraining, and kegel exercise education. To see if pelvic floor rehabilitation is right for you, contact your doctor and schedule an appointment.

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