

## Urinary Incontinence

### What is Urinary Stress Incontinence?

Stress incontinence is the loss of control of urine during simple activities. Any increase in intra-abdominal pressure, like laughing, coughing, sneezing or sudden movement, can cause a loss of control.

Urinary stress incontinence can be found in all ages and in both men and women. Generally, over 4% of the American population is suspected of being incontinent.

It is very common with women, especially those who have had children. Leading obstetricians and gynecologists have found that 50% of their patients are at high risk for experiencing incontinence.

The National Institute on Aging estimates that 10 to 12 million of our elderly are incontinent. Incontinence is the second leading reason for admission of our elderly into nursing homes. Over 15% of our nursing home admissions are due to incontinence.

Despite its prevalence, most affected individuals do not seek help primarily because of embarrassment or because they are not aware that help is available.

Patients with incontinence have turned to absorbent materials, restricted their social activities, suffer from embarrassment, infections and encounter skin care problems.

### What is Urinary Stress Incontinence?

The muscles of the pelvic floor support the bladder in its proper position and control the flow of urine. A loss of strength and coordination of these pelvic floor muscles can cause urinary stress incontinence and/or sinking down of the pelvic organs (the bladder, rectum and uterus become displaced).

Weakness of the pelvic floor muscles is often associated with pregnancy, childbirth, obesity, lack of exercise, estrogen deficiency, chronic respiratory conditions, prior surgeries and nerve damage affecting the pelvic floor.

A urological examination by your doctor is the best way to determine the cause of incontinence.

### What has been the Traditional Treatment?

Traditionally, urinary incontinence has been treated with medication, surgery or tolerance. Medication is not effective in all cases. Surgery, while sometimes effective, should be used as a last resort. Tolerance, or learning to live with the problem, means a life of disposable diapers, absorbent inserts, scheduled toileting, and an altered life style.

### What has been the Traditional Treatment?

Yes, in many cases, urinary stress incontinence can be treated with physical therapy. This approach focuses on increasing a person's control and strength of the pelvic floor muscles.

### How Can I Utilize This New Approach?

## Urinary Incontinence

Simply call Yonemoto Physical Therapy Services to set up your first appointment.

At your first appointment, you will be evaluated by a physical therapist who will assess the strength and coordination of your pelvic floor muscles with special equipment that picks up the electrical activity in a muscle (Electromyography) or EMG for short.

After review of your evaluation results, an individual therapeutic program will be designed for you. Significant results are usually obtained within 4-6 weeks.

### How much does it cost?

Treatments are billed per visit. All major private insurance is accepted, as is Visa and Mastercard. Current rates are available by contacting Yonemoto Physical Therapy Services.

If you have any of these or other musculoskeletal problems, speak with your doctor about a referral for services. Should you have any further questions please feel free to call us at (626) 576 -0591.



#### Information Provided By:

Yonemoto Physical Therapy Services, INC.  
55 S. Raymond Ave., Suite 100  
Alhambra, CA 91801  
626-576-0591  
[www.yonemoto.com](http://www.yonemoto.com)