

# Pelvic Floor Physical Therapy: Who Can It Help?

## Who Can Benefit?

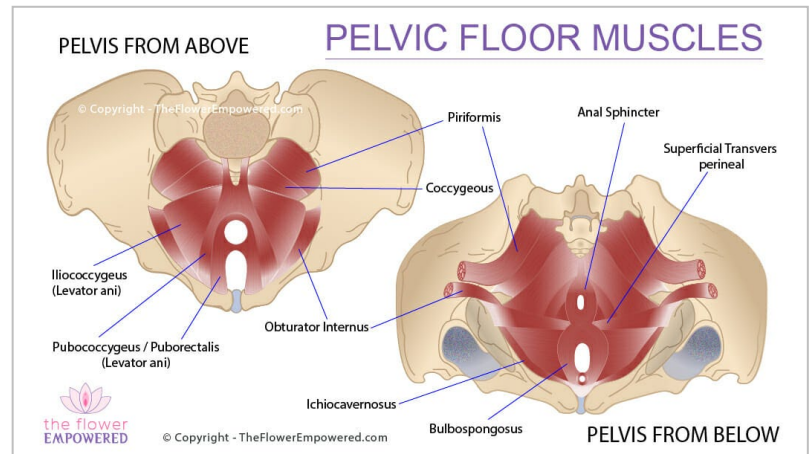
**People with a diagnosis of:** Cerebral Palsy, Spinal Cord Injury, Autism, Sensory Processing Disorder, Down syndrome, Spina Bifida, Muscular Dystrophy or other developmental disability

**Who are experiencing:** Painful Sexual Intercourse, Painful Insertion of Tampons, Pain with Pregnancy, Frequent Urinary Tract Infections, Pain with Gynecological Exam, or Incontinence.

## What Can It Do?

Pelvic Floor Physical Therapy can help improve or regain bowel and bladder control.

**Common treatment may include** muscle retraining, biofeedback, education, behavior modification, massage, stretching and strengthening of the pelvic floor and surrounding muscles, diet changes, and a daily home exercise program.



## Types of Incontinence

- **Stress incontinence:** leaking when pressure is placed on bladder by coughing, laughing, sneezing, exercising or lifting heavy objects
- **Urge incontinence:** sudden intense urge to urinate followed by involuntary loss of urine or need to urinate often
- **Overflow incontinence:** frequent dribbling from a bladder that does not completely empty
- **Functional incontinence:** physical or mental impairment making it difficult to make it to the toilet in time

## Efficacy

- Two thirds of patients with any type of urinary incontinence who have participated in pelvic floor physical therapy see improvement or even cure.
- Those that participated in Pelvic Floor Physical Therapy experienced 75% fewer leakage episodes compared with baseline.

## How Do I Refer?

- Write a prescription for Pelvic Floor Physical Therapy Eval/Treat and fax to **402.559.9263**
- Call **402.559.6415** for more information