

You are not alone...

- 1 out of every 6 women over the age of 45 has *Urinary Incontinence*
- More than ¼ American women suffer from *Urinary Incontinence*

If you are one of these adults, there may be hope for improvement in your condition **with Physical Therapy...**



You Get

- ✓ Personalized 1:1 care
- ✓ Female Physical Therapist
- ✓ Private Setting
- ✓ Education on Do's & Don'ts
- ✓ Customized Home Exercise Program

To learn more,

Call Today:
734-362-8200

Visit us at:

WYPTA.COM

Wyandotte
Physical Therapy Associates
Orthopedics • Sports Medicine • Neurology



URINARY INCONTINENCE



Is it
controlling
your life?

Do you

- Leak urine when you cough, sneeze, laugh or exercise?
- Have trouble holding when feeling a strong urge to go?
- Have trouble with frequent urination (more than 6-7 times a day)?

If YES, read below:

Urinary Incontinence is the unintended leakage or loss of urine. It is a common yet embarrassing problem for many women.

What Causes it?

Weak pelvic floor muscles
Pregnancy & childbirth
Bladder infection
Stress
Fibromyalgia
Smoking
Caffeine
Constipation

You CAN:

- ✓ **Get Control** over your bladder and your life
- ✓ **Save Embarrassment**
- ✓ **Save Money** by less use of pads and undergarments
- ✓ **Reduce Medication** use for incontinence
- ✓ Possibly **Prevent Surgery**

How?

Physical Therapy can help...!

- A detailed evaluation by a Physical Therapist specialized in pelvic floor determines the problem areas.
- Comprehensive treatment program includes
 1. Pelvic floor muscle strengthening exercises
 2. Electrical stimulation
 3. Biofeedback to monitor progress
 4. Home program
 5. Lifestyle modification instruct

Benefits:

✓ **No side effects**

✓ **Once a week sessions**

✓ **Great results!**

✓ **Covered by most insurances**