

How can you get help?

You should speak to your doctor or contact the Rehabilitation Department in our facility for more information about enrolling in this program. A quick professional health evaluation is all you need to **start regaining control.**



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Bladder Control

Bladder Control
Problems can
be successfully
treated
in
over 80%
of people

*Revolutionizing
Rehabilitation*



What do we know about bladder control problems?

Bladder control problems or Urinary Incontinence affect more than 13 million Americans – 85 percent of them women. About half of seniors have bladder control problems. Unfortunately, most people affected do not seek medical help, primarily because they don't know that safe and successful treatment exists.

What treatments work?

Within the past few years, medical research has proven that our program helps reduce leakage by 65-70% in over 80% of people with bladder control problems. In fact, the government's Agency for Healthcare Research and Quality recommends this approach before using drugs or surgery for treating bladder control problems.

Who should try our program?

You or a loved one should try our program if you or they have:

- ▶ Sudden, strong urges to urinate
- ▶ Bladder leakage when coughing, sneezing, laughing or moving
- ▶ Difficulty getting to the bathroom
- ▶ Two or more trips to the bathroom after going to sleep
- ▶ Side effects from bladder control medications
- ▶ Difficulty controlling the time and place to urinate

Enroll in our program today. By working together, we can treat your bladder control problems.

What can you expect in our program?

Your personal health care team will review your diet, fluid intake, and current medications for their effect on your type of bladder control problem. Your ability to walk, turn, sit and stand will also be assessed.

Exercises for rebuilding strength

Simple exercises for the hip, abdomen, and pelvis can help strengthen the muscles supporting your bladder and decrease leakage.

Electrical stimulation to re-educate your bladder muscles

Mild, comfortable, electrical pluses applied to the trunk and legs helps re-educate your bladder muscles for better bladder function.

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