

Sports Therapy

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

Spinal Therapy

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

GUNN IMS - Intra-Muscular Stimulation

Pilates Based Core Stability Training

ICBC Treatment of Injury Post MVA

Active Rehabilitation Programs

WCB Treatment for Work Related Injury

Worksite Evaluation, Ergonomic Assessment & Wellness Program Development

Functional Capacity Assessment and Medical Legal Reporting

Women's Health

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

Injury Prevention Education

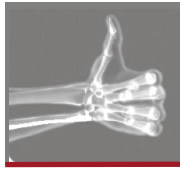
Seniors Programs

- Fall Prevention
- Fitness
- Post Surgical

Respiratory Care

Arthritis Treatment and Management

Neurology



Burrard Physiotherapy Associates

You're In The Right Hands

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INCONTINENCE



PHYSIOTHERAPY AND INCONTINENCE

Urinary Incontinence

Incontinence is a common problem which affects people of all ages. It is estimated that over 1.5 million Canadians suffer with this problem. Recent studies have shown that more than 30% of women who are aged 40 and older have some incontinence problems. However, few people seek medical help until their problem becomes a major concern.

Some women first notice mild urine loss when they are pregnant or during menopause and accept this as part of the ageing process. They wear absorbent pads and adapt their lifestyles.

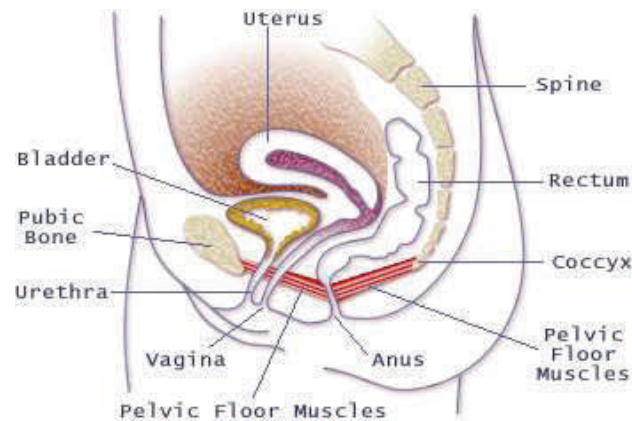
In many cases, incontinence can be due to weakness of the pelvic floor muscles. Just like other muscles in the body, the pelvic floor muscles can be trained to work more effectively by doing appropriate exercises.

In some cases, medication or surgery may be an option and this should be discussed with your doctor.

Stress Incontinence

This is the most common form of urinary incontinence among women. You may notice there is urine leakage with lifting, exercising, e.g. running; jumping or with laughing, coughing and sneezing. This can be due to weakness of the pelvic floor muscles.

The pelvic floor muscles are a hammock of muscles connecting the tail bone to the pubic bone and the 'sitz' bones of the pelvis, bladder, vagina and uterus in women and



the lower bowel.

If this 'pelvic floor' is firm and strong, you can maintain control of your urine with any activity. However, if the pelvic floor is loose and weak, you are more likely to notice urine loss with sudden movements.

Urge Incontinence

This is the involuntary loss of urine when you have a strong need to pass urine but are unable to hold on until you reach the bathroom.

For some people this occurs as they are opening the front door, with the sound of running water, when they are in a cold environment, or with stressful situations. This can result in frequent visits to the bathroom, 'just in case' they can't reach the next toilet in time.

The bladder needs to stretch as it fills and contract as it empties. This exercises the

bladder muscle. If you go to the bathroom frequently (average is every 3-4 hours), the bladder capacity can be reduced. This can result in a bladder that is more sensitive to filling and further urgency. In turn, if you avoid going to the bathroom for long periods this can result in an overstretched bladder muscle.

Physiotherapy Treatment

Treatment will vary and is determined by the type of incontinence you have and your particular concerns. Some people have a combination of stress and urge incontinence (mixed incontinence).

Treatment may include specific exercises to retrain the pelvic floor and core muscles, bio-feedback, dietary advice and instruction in behavioral techniques to adjust your toileting habits.

The pelvic floor muscles, along with the diaphragm, deep abdominal (Transversus Abdominus) and back extensor (Multifidus) muscles make up the deep 'corset-like' support around the trunk, commonly known as the 'Core'.

A history of low back or pelvic pain, abdominal surgery, childbirth or chronic respiratory illness could result in reduced control of any of these core muscles. Therefore, retraining of these 'core muscles' is an integral part of the treatment plan to regain continence and your self confidence.

Don't let urinary incontinence rule you. There are solutions. Talk to your physician or physiotherapist.