

Urinary Incontinence Fact Sheet

What is Urinary Incontinence?

Incontinence is a loss of bowel or bladder control. It is a symptom and not a disease. It can occur as a result of neurological, musculoskeletal or congenital disorders.

What causes Urinary Incontinence?

1. Birth defects
2. Surgery
3. Injuries to the pelvic region or spinal cord
4. Neurologic Diseases including CVA or stroke, Parkinson's Disease, Multiple Sclerosis, and Diabetes
5. Pregnancy and Childbirth

IF ANY OF THE FOLLOWING APPLY TO YOU, YOU MAY BENEFIT FROM PHYSICAL THERAPY UNDER THE GUIDANCE OF YOUR PHYSICIAN.

1. Loss of urine with coughing, laughing, or sneezing.
2. Loss of urine with lifting objects.
3. Loss of urine with exercise.
4. Loss of urine when you have a strong urge to urinate.
5. Loss of urine on the way to the bathroom.
6. Loss of urine just as approaching the toilet or removing clothes.

Through body awareness, pelvic floor muscle exercises, biofeedback equipment, monitoring of fluid intake/nutrition, and posture education, your Physical Therapist will design a program to suit your needs.

500 North Union Street Middletown, PA 17057 Tel: 717.944.2225 Fax: 717.944.0932	6481 Carlisle Pike Mechanicsburg, PA 17050 Tel: 717.796.2225 Fax: 717.796.2229
845 Sir Thomas Court Harrisburg, PA 17109 Tel: 717.652.4002 Fax: 717.652.4005	20 North Barbara Street Mount Joy, PA 17552 Tel: 717.492.0303 Fax: 717.492.0309