

# 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.***

<b>500 North Union Street Middletown, PA 17057 Tel: 717.944.2225 Fax: 717.944.0932</b>	<b>1300 Bent Creek Blvd Mechanicsburg, PA 17050 Tel: 717.796.2225 Fax: 717.796.2229</b>
<b>845 Sir Thomas Court Harrisburg, PA 17109 Tel: 717.652.4002 Fax: 717.652.4005</b>	<b>20 North Barbara Street Mount Joy, PA 17552 Tel: 717.492.0303 Fax: 717.492.0309</b>