

## What to expect during a treatment session

- Review of symptoms and history
- Initial evaluation of pelvic muscles, periodic evaluations of progress
- Biofeedback-directed exercises
- Electrical stimulation of the pelvic floor musculature
- Individualized home exercise plan
- Once-a-week appointments for 6-8 weeks
- 30-45 minute sessions
- No pain

## Did You Know ...

- As many as 25 million Americans suffer from bladder control problems.
- At least 80 percent are women.
- Young people also are affected, including athletic women, new mothers and those suffering from illness, birth defect or physical trauma such as surgery or a spinal cord injury.
- Up to five percent of men 64 years of age and younger and up to 15 percent of men over 64 experience bladder leakage.
- More than \$5 million is spent annually on incontinence products.
- Urinary incontinence is not a normal result of aging.

## *New treatment options with positive outcomes.*

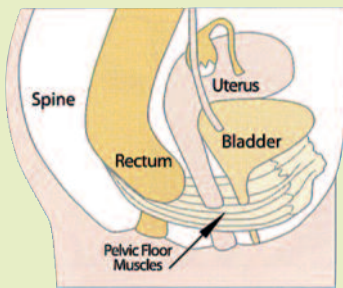
If you feel that The Continence Clinic might be beneficial to you, talk to your physician. A physician's order is necessary to participate. Once your order is obtained, contact OneCall Scheduling at 325-428-1225 for an appointment.

Many insurance companies cover the cost of treatment and we will be happy to check with your insurance carrier for pre-approval.



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## Pelvic Floor Treatment at the Continence Clinic is a non-surgical treatment for bladder problems.

Incontinence is the inability to control bladder function resulting in accidental urine leakage.

### Types of Incontinence

**Stress** – loss of urine while coughing, sneezing, lifting or physical movement. This is the most prevalent type of incontinence.

**Urge** – loss of urine associated with an overwhelming urge to urinate and the inability to reach the restroom in time.

**Overflow** – loss of urine when the bladder does not empty properly and urine spills over.

**Mixed** – loss of urine due to more than one type of incontinence at the same time.

### Don't be embarrassed anymore. There's hope.

Involuntary leakage of urine can happen to anyone. In fact, it's a very common medical problem that affects all ages. We're told that urinary incontinence is a normal part of aging and while this may have been true in the past, technological advancements have yielded new treatment options.

There is no need to suffer in silence anymore. Most cases of urinary incontinence are treatable and even curable. The staff at Abilene Regional Medical Center's Continence Clinic can help you gain control.

### The Pelvic Floor:

- Supports the pelvic organs and abdominal contents, especially when you're standing or exerting yourself.
- Supports the bladder to help it stay closed. It actively squeezes when you cough or sneeze to help avoid leakage. When the muscles aren't working effectively, urinary incontinence and/or urgency to urinate may occur.
- Is used to control your bowels, including expelling gas.
- Has an important sexual function – helping to increase sexual arousal for both partners during sexual intercourse.

The floor of your pelvis is similar to a large sling of muscles which stretch from side to side across the pelvis. It is attached to the front of the pubic bone and to the tail end of the spine – or coccyx.

The pelvic floor forms your "undercarriage."

The openings from your bladder (urethra), your bowels (rectum) and, for women, the womb (vagina), all pass through the pelvic floor.

### Pelvic Floor Therapy

Pelvic Floor Therapy involves strengthening the muscles of the pelvic floor which support the pelvic organs including the bladder. The benefit of this non-invasive therapy is that it offers the fewest potential side effects and has an established history of proven effectiveness.

Biofeedback and electrical stimulation are non-surgical procedures to help rehabilitate the pelvic muscles, restoring or greatly improving a patient's ability to control the bladder.

#### Biofeedback

Biofeedback is often used in addition to pelvic floor exercises for symptoms of stress and for urge incontinence. Mechanical or electronic sensors provide the patient with visual feedback of how the muscles are working. These sensors measure the minute electrical signals that the muscles produce when they contract. The sensors are connected to a computer so that the patient can see when he or she is contracting the proper set of muscles and doing the exercise correctly. The computer can also measure the strength of the muscle and follow the progress, as the pelvic floor gets stronger.

#### Electrical Stimulation

Electrical stimulation is used in the treatment of both stress and urge incontinence, but not normally as a first line of treatment. This painless treatment involves using a small battery-powered unit which applies an electric current to the muscles around the bladder. This current is usually passed through a small vaginal or anal probe in close contact with the pelvic floor muscles or through surface electrodes placed on the perineum – the area between the front and back passages.

Varying current frequencies produce different sensations. Most patients describe it as a tingling or pulling sensation, sometimes accompanied by involuntary tightening of the pelvic floor muscles.