

## How can physical therapy help?

- Physical therapists use their specialized medical training to evaluate and design a treatment program that is individualized for each patient.
- Physical therapy treatment may include:
  - Education on diet and nutrition to avoid food and drinks that may irritate the bladder
  - Advice on how to change behaviors that make symptoms worse
  - Techniques to help you find the right muscles and learn to use them correctly
  - Exercises to strengthen the pelvic floor muscles
  - Exercises to stretch and strengthen other important muscles
  - Ways to decrease urinary urge and frequency
  - Biofeedback that shows you how the muscles are working
  - Electrical stimulation to improve awareness of strengthen the muscles

### Braselton

5775 Old Winder Highway  
(Hwy 211)  
Braselton, Georgia 30517

On the right just past the Thompson Mill intersection. Our office is in the Mulberry Place complex near Ninja Steak & Sushi Restaurant.

### Gainesville

1294 Thompson Bridge Road  
Gainesville, GA 30501

Our office is on the corner of Enota Road and Thompson Bridge Road near the Publix Supermarket.

**Anderson Physical  
Therapy Associates**

**TAKE CONTROL OF  
URINARY  
INCONTINENCE  
WITH PHYSICAL  
THERAPY**



**PHYSICAL  
Anderson  
THERAPY**



For more information about how Physical Therapists can help with women's health conditions please contact the Section on Women's Health of the American Physical Therapy Association at:

Website: [www.womenshealthapta.org](http://www.womenshealthapta.org)  
Telephone: (800) 999-APTA extension 3229

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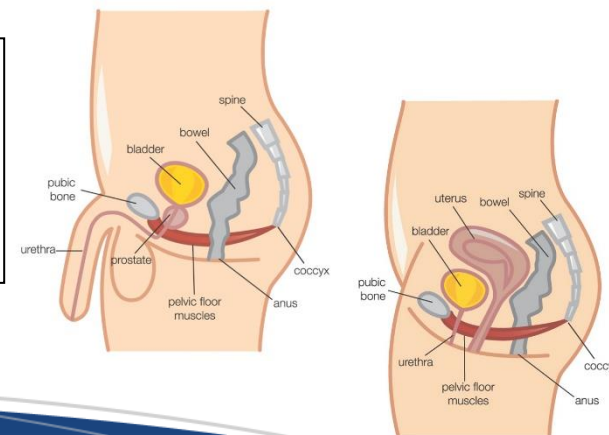
Phone 678-866-4104  
Fax 678-668-7011

678-866-4104

# Why should I choose Anderson Physical Therapy Associates for my care?



At **Anderson Physical Therapy Associates**, we specialize in **Pelvic Floor Rehabilitation**. Our therapists have undergone extensive training in treating men and women who are experiencing symptoms of urinary incontinence.



**Urinary incontinence** is just one of the many things that can occur when muscles in the pelvis become weak and are not functioning properly.

Urinary Incontinence can be caused and/or worsened by:

- Surgery (hysterectomy, prostatectomy, etc.)
- Pregnancy/childbirth
- Trauma
- Deconditioning/lack of exercise
- Neurological injury (ex: Stroke)
- Enlarged prostate
- Hormonal changes
- Improper nutrition

- **Stress Incontinence:**

- Leakage of small amounts of urine when there is increased pressure on the bladder.
- This can happen with exercise, sneezing, laughing, coughing, lifting, etc.
- Often due to “underactive” pelvic floor muscles.
- Physical therapy treatment involves **activating** and **strengthening** these important muscles.

- **Urge Incontinence:**

- Leakage of medium to large amounts of urine when a person feels a sudden strong urge to urinate.
- Physical therapy treatment involves improving **control** and **awareness** of the pelvic floor muscles, **activating** and **strengthening** the pelvic floor, and changing dysfunctional voiding behaviors.

- **Mixed Incontinence:**

- Leakage with symptoms of both stress and urge incontinence.

- **Functional Incontinence:**

- Leakage that occurs when a person cannot get to the toilet in time.
- Physical therapy treatment for functional incontinence involves improving **mobility**, and learning ways to plan for bladder control.

