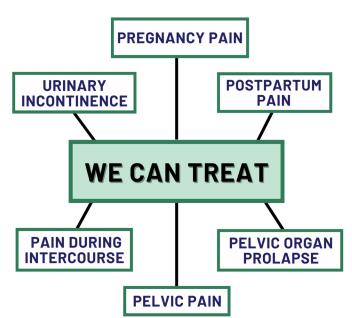


What Does Women's Health Therapy Do?

Our specially trained therapist offers women's health therapy and expert treatment for pelvic floor dysfunction. Patients receive one-on-one treatment with our female therapist in a private and comfortable setting, and receive the latest research and treatment methods for the most advanced plan of care.

During therapy, you can expect:

- Education on what's causing incontinence
- Core strength evaluation, including the pelvic floor
- Introduction of home exercise program to strengthen and train weak muscles or relax overactive muscles



What is **URINARY INCONTINENCE?**

Urinary incontinence is the loss of bladder control, resulting in accidental urine loss. This can come in the form of:

- **Stress incontinence** the loss of urine from pressure on the bladder, such as when running or coughing
- **Urgency incontinence** a strong, sudden need or urgency to urinate before losing urine
- **Mixed incontinence** a combination of both symptoms



A referral is not needed in order to see a women's health therapist, however, your insurance may not cover the visit without a referral.



DID YOU KNOW? Research shows that 25% to 45% of women have some degree of urinary incontinence.





