

There is life beyond the bathroom!

Incontinence and Pelvic Floor Dysfunction.

The term Pelvic Floor Dysfunction encompasses a grouping of physical symptoms and/or conditions that are caused by weaknesses in the pelvic floor muscles. The bladder, prostate, rectum as well as the female reproductive organs are physically supported by the pelvic floor muscles, and can be adversely affected when the muscles of the pelvis are not properly conditioned.

Problems with the pelvic floor muscle group often manifest into urinary difficulties, and bowel dysfunction and is experienced equally by both men and women. In order for the body to properly urinate and defecate the muscles within the pelvic region must act in unison. Dysfunction occurs when the pelvic floor muscles are either too tight or too lax and do not function in a coordinated way.

Our Therapists Provide Effective Pelvic Floor Muscle (PFM) Rehabilitation:

Education

You need to know how your body works and why the choices you make today about diet and exercise are crucial in maintaining a healthy pelvic floor.

Manual Therapy

Proven to decrease pelvic floor muscle tension, there by reducing the symptoms of urgency and frequency.

Exercise for strengthening

In many instances strengthening the pelvic floor will cure stress incontinence. In addition, performing pelvic floor muscle exercises after pregnancy may prevent stress incontinence later in life. Key to maximizing the benefits of exercise is learning how to isolate the pelvic floor and strengthening it through proper DOWN-TRAINING and UP-TRAINING exercise techniques. Keeping your pelvic floor strong will reduce symptoms and improve overall core strength.

Relaxation

The pelvic floor muscles contract to maintain continence and relax to allow urination and defecation. If you suffer from increased PFM tension, learning proper relaxation skills will Help your body resume its normal rhythms.

Modalities

Biofeedback is a painless process that uses special sensors and a computer monitor to display information about PFM activity. Electrical stimulation is a non-invasive painless treatment which activates the body's natural nerve and muscles to facilitate and/or inhibit muscle activity.

Examples of some, but not all incontinence and pelvic floor dysfunction symptoms that may benefit from treatment:

- *Stress incontinence* – leakage when there is an increase in pressure to the bladder such as sneezing, coughing, and lifting of heavy objects.
- *Urge incontinence (overactive bladder)* - frequent trips to the bathroom due to an oversensitive bladder.
- *Coital incontinence* – leakage during intercourse.
- *Urinary retention* – difficulty completely emptying your bladder.
- *Nocturnal enuresis (bed wetting) or nocturia* – frequent urination at night.
- *Chronic constipation* – frequent strain with bowel movements.
- *Fecal incontinence* – loss of regular control of bowels.
- *Chronic pelvic pain syndromes* – such as painful intercourse.



Do you or one of your loved one's suffer from incontinence or pelvic floor dysfunction?

Incontinence and Pelvic Floor Dysfunction is a very personal diagnosis, and can be emotionally devastating for those who live with this condition. A Health Quest therapist will assess your unique situation with compassion and a genuine understanding of the intimate nature of your dysfunction. Together, through specialized treatment strategies we will work to return you to full physical function.

You do not have to face your incontinence or pelvic floor dysfunction alone!

Urinary Incontinence Facts

- Urinary incontinence affects one (1) in ten (10) men
- Urinary incontinence affects one (1) in three (3) women over the age of 60
- Many believe that incontinence is part of the aging process and do not seek treatment
- Symptoms may limit life experiences due to embarrassment or fear of not being around a toilet

Our treatment plans are designed to include the necessary time, frequency, and intensity needed to achieve optimum results. We offer a variety of specialized treatment methods and state of the art equipment.

Health Quest Therapy, Inc. Alaska clinic locations .

Eagle River

11432 Business Blvd, Suite 18, Eagle River, AK 99577
phone: (907) 622-6363 • fax: (907) 622-6366

*Wasilla

650 N. Shoreline Drive, Wasilla, AK 99654
phone: (907) 376-6363 • fax: (907) 376-6366

Willow

Located in the Sunshine Community Health Center Bldg.

24091 Long Lake Rd., Willow, AK 99577
phone: (907) 622-6363 • fax: (907) 622-6366

Talkeetna

Located in the Sunshine Community Health Center Bldg.

Mile 4.4 Talkeetna Spur Rd. Talkeetna, AK 99654
phone: (907) 376-6363 • fax: (907) 376-6366

Services offered will vary by location.

**Treatment for Incontinence and Pelvic Floor disorders is available exclusively at the Wasilla Clinic.*

**FREE 15 Minute
Assessment**

**We Accept Most
Insurance Plans**

**Convenient Hours
and Locations**

**Serving Patients
of all Ages**



Health Quest Therapy, Inc.

Physical, Occupational and Pediatric Therapy



www.HealthQuestTherapy.com

**Incontinence and
Pelvic Floor Disorders**