Urinary Incontinence and Physical Therapy

Why am I receiving this?

You are receiving this handout because your provider believes that you may be struggling with some of the symptoms related to urinary incontinence. These include things like leaking urine when coughing, sneezing, and laughing. These symptoms can be life changing and difficult to deal with.

Here at the Family Medicine Residency at CMMC we want you to know that this is a safe space to discuss any questions you might have about urinary incontinence. Urinary incontinence is not uncommon and is treatable.

What comes next?

Your provider may recommend you see a urologist, which is a doctor that specializes in the urinary tract. These providers may be better able to address your urinary incontinence symptoms with medication and other interventions.

Your provider may also recommend you for Pelvic Floor Physical Therapy. Pelvic Floor Physical Therapy is a safe and effective method for addressing some of the symptoms related to urinary incontinence. The American Urological Association recommends Pelvic Floor Physical Therapy as a first line treatment for urinary incontinence.

What is Pelvic Floor Physical Therapy?

Pelvic Floor Physical Therapy is a type of physical therapy performed by a specialized Physical Therapist, which focuses on strengthening the muscles that support your bladder and core, to help alleviate the symptoms of incontinence. They will work one-on-one with you to help you regain control over your bladder symptoms. These Physical Therapists understand the sensitive nature of urinary incontinence and help foster an environment and treatment plan that is conducive to addressing the symptoms of urinary incontinence in a respectful way.

Does it work?

Many patients see improvement with Pelvic Floor Physical Therapy and often have dramatic symptom reduction in as little as 8 weeks. Your Physical Therapist will tailor a treatment plan appropriate for you.

Are there other treatments?

Pelvic Floor Physical Therapy is not the only effective treatment for urinary incontinence. Your urologist or primary care provider may recommend additional interventions in addition to Pelvic Floor Physical Therapy.