AUA recommendations include Pelvic Floor PT as part of the first line treatment for incontinence, especially stress incontinence.

Many patients have a long delay between symptom onset and treatment for urinary incontinence. Some studies estimate the average latency between symptom onset and treatment initiation to be 3 years. Many patients cite lack of questioning from their primary care provider as an important reason for not receiving treatment.

As part of general screening, patients should be asked directly about symptoms of incontinence. It is best to use purposeful, direct questioning, as patients may not respond to more general inquisitions about urinary habits with a positive screen for incontinence.

- Using language like:
  - “Do you ever involuntarily lose urine? If so, how often?”
  - “How often do you leak urine unintentionally”
  - “How often are you unable to make it to the bathroom when you feel you need to go?”
  - “Does your inability to control your bladder have significant impact on your functioning?”

If patients respond positively to these sorts of questions, it may be worth while exploring the possibility of incontinence in more detail.

When clinicians suspect that urinary incontinence is present, referral to a Urologist is often one of the first things done for a patient. This is a necessary, and important step of treatment for those with urinary incontinence.

Additionally, as part of the referral process for incontinence, patients should be recommended to Pelvic Floor Physical Therapy. Even though Physical Therapy is a Direct Access in Maine, many pelvic floor therapists do require a referral from a healthcare provider in order to initiate pelvic floor PT.

Pelvic floor PT is not a replacement for a full incontinence work up from a Urologist, and may not be the only intervention needed for relief of incontinence. However, it is an effective primary treatment and adjunct to pharmacotherapy with up to a 56% cure rate on its own.

As with any intervention, patient compliance is of utmost importance. Talking with your patients about the efficacy and demonstrated evidence for the utility of Pelvic Floor PT in addressing their incontinence symptoms is likely to increase rates of adherence.