



amber hill

PHYSICAL THERAPY, INC.

where patients come first — since 1985

I'm Concerned... Is My Bladder Normal? Understanding Female Urinary Incontinence

Urinary leakage is common but never normal. Women often put up with it for years before seeking help! However, incontinence is a problem that's not just related to age; 80% is due to pelvic floor muscle weakness that can be helped with physical therapy. And the good news is that prevention or early diagnosis and treatment may help you to avoid surgery.

How Can Physical Therapy Help?

Amber Hill Physical Therapy has women's health specialists who can explain your treatment options and design an exercise program tailored specifically to your situation. Some of our techniques include:

- **Pelvic Muscle Retraining.** Our therapists will use techniques to help your muscles work as effectively as possible.
- **Biofeedback.** A sensor records muscle activity and provides a read-out. This "feedback" gives you a visual snapshot of your muscle activity and improves the quality of your exercises.
- **Vaginal Cones.** This is "weight training" for the pelvic floor muscles. A small cone-shaped weight is "held" in by these muscles, which helps them become stronger and squeeze effectively as you lift, cough or exercise.
- **Education.** You will learn how you can change the way you do some of your daily activities in order to decrease stress on the pelvic floor muscles.

Kegel Exercises – An Important Key

You'll also learn the proper way to strengthen your pelvic floor muscles with Kegel exercises. These exercises tighten up the muscles that control bladder and bowel function. Studies have shown that without proper instruction, 40% of all women do these exercises incorrectly. An experienced physical therapist can be very helpful in teaching proper techniques.

For more information or a FREE set of our Women's Health brochures, contact amelia@amberhillpt.com or call 301-663-1157.

www.amberhillpt.com

FREDERICK
301.663.1157

187 Thomas Johnson Dr., Suite 6
Frederick, MD 21702

JEFFERSON
301.473.5900

4014J Mountville Rd.
Jefferson, MD 21755

DAMASCUS
301.253.0896

9701 New Church St., Suite 3
Damascus, MD 20872

THURMONT
301.271.9230

120 Frederick Road, Suite D
Thurmont, MD 21788

We are "in-network" with most insurance plans, which is a savings to our patients and we accept CareCredit® Patient Payment Plans. We also offer early a.m., eve. & Sat. hours.

• Our Knowledge & Experience Get You Back to Enjoying Life! •