

OUR VISION OF PHYSICAL THERAPY

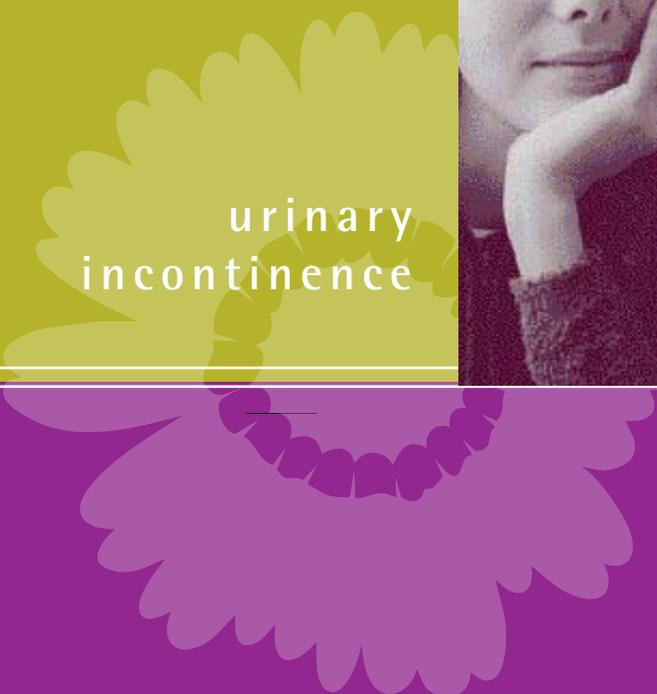
Since 1998, Bauman Physical Therapy & Wellness has been dedicated to ensuring exceptional care in a dynamic environment. From the moment your evaluation begins, you'll feel confident you are under the care of knowledgeable, experienced, skilled manual therapists.

One On One

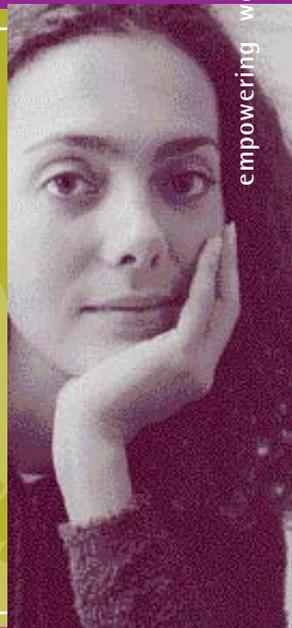
Our one-client-to-one-therapist treatment ratio produces the most effective results. Our staff size allows us to devote 100% attention to your progress.

You're In Charge

We recognize that, ultimately, each woman is in charge of improving her own physical health and wellness. Each member of our well-respected staff is eager to help you achieve your goals.



urinary
incontinence



Bauman
physical therapy & wellness

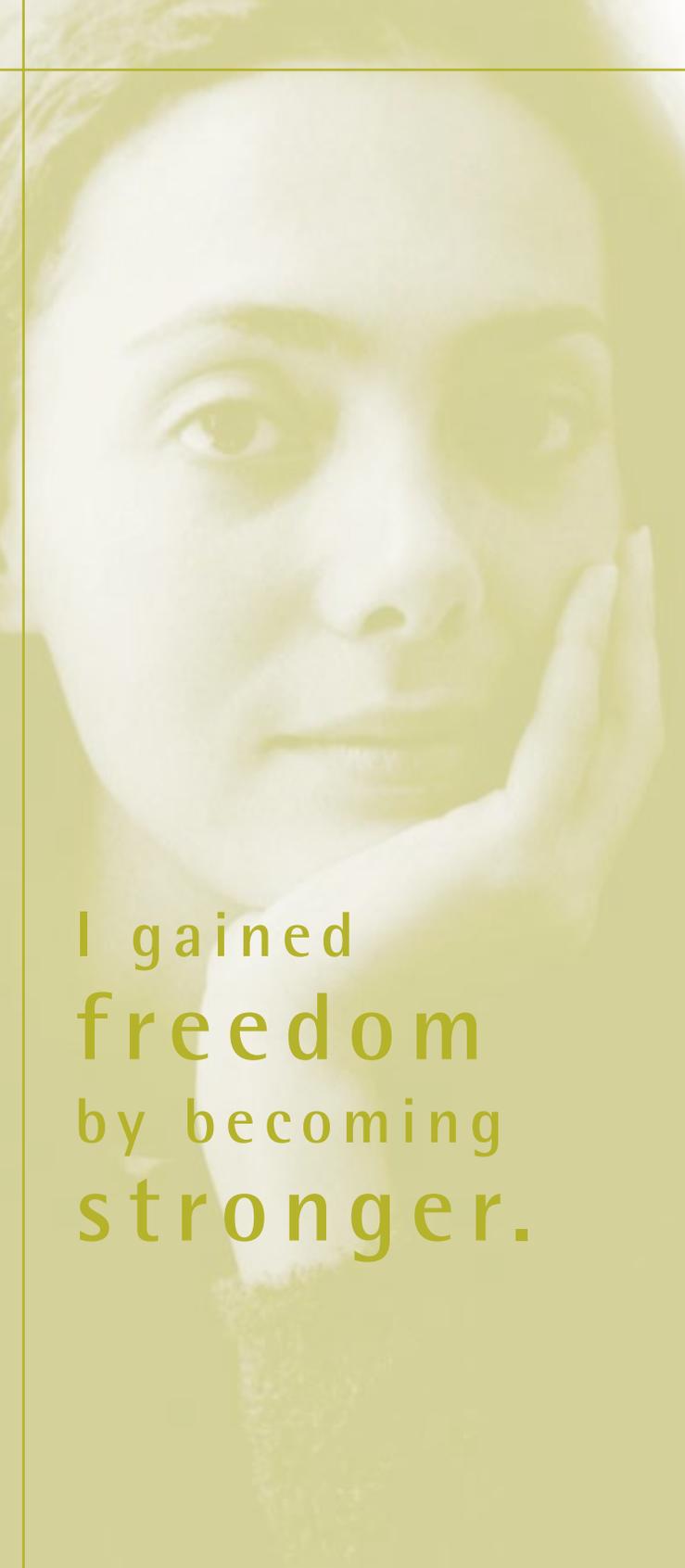
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Bauman
physical therapy & wellness



I gained
freedom
by becoming
stronger.



Urinary incontinence (UI) isn't restricted to the elderly. Adults of all ages – even children – experience symptoms.

UI is an uncontrolled loss of urine, typically resulting from weak pelvic floor muscles and/or an irritable bladder.

The causes – and severity levels – are numerous. Aging, chronic constipation or chronic coughing are causes.

Pregnancy and childbirth put women at particular risk for UI, causing weakness in the “sling” of pelvic floor muscles surrounding the vagina, urethra and rectum.

At Bauman, we specialize in preventative and therapeutic solutions for feminine UI.

Strength. Freedom. Grace.

Fortunately, most cases of muscle-related UI can be cured or vastly improved through physical therapy.

Physical therapy teaches a woman to effectively strengthen her pelvic floor muscles while performing her daily routine in ways that reduce tension.

The result? Freedom from pain, embarrassment and irritation. And the grace that comes with enhanced wellness.

UI TYPES & SYMPTOMS

Stress Incontinence: urine leakage when coughing, lifting, sneezing or exercising.

Urge Incontinence: a sudden, strong need to urinate that often results in an inability to reach the bathroom in time.

Mixed Incontinence: a combination of both these types.

THERAPEUTIC OPTIONS

- Pelvic Muscle Retraining (may include Kegel exercises)
- Biofeedback – muscle activity monitoring device used to improve quality of exercise.
- Electrical Stimulation – gives weak muscles an extra boost.
- Vaginal Cones – small tampon-like weights held in place by pelvic floor muscles. They provide 'weight training' for increasing strength during lifting, coughing or exercise.
- Education – learn to reduce stress to pelvic floor muscles while lifting, exercising, taking care of children; learn to avoid common bladder irritants.