Pelvic Floor Muscle Training
Urinary Incontinence and PFMT

What causes urinary incontinence?

Urinary incontinence can have several causes, but in most cases, it develops as a result of pelvic floor muscle weakness which can develop as a result of an injury, weight gain, hormonal changes, nerve or muscle issues, or even age. Vaginal birth and some types of gynecological surgery may also weaken pelvic floor muscles over time.

There are three primary types of urinary incontinence:

- **stress incontinence** that causes bladder leakage during physical exertion or as a result of sneezing, coughing or laughing

- **urge incontinence** (also called overactive bladder) that causes frequent urges to urinate, even when sleeping at night

- **mixed incontinence**, which includes both stress incontinence and urge incontinence.

Different diagnostic methods are used to determine the type of incontinence that’s present so treatment can be optimized based on each patient's unique needs and symptoms.

A Common Problem

Bladder and pelvic issues affect millions of Americans. Bladder dysfunction is

- more common in **menopausal women** due to hormonal changes and aging bladder muscles, and
- in **pregnant and post-partum women** because of hormonal changes and stress associated with pregnancy and childbirth.
What is pelvic floor therapy?

Pelvic floor therapy is a type of physical therapy or exercise program that focuses on the pelvic floor, including the muscles and connective tissues that help hold the pelvic organs (including the bladder, vagina, uterus, and rectum) in place. When these muscles weaken or become damaged, urinary incontinence can occur. Pelvic floor therapy can help with many conditions such as those listed below in “Who Benefits from PFMT?”.

We are excited to be able to offer this program to our patients in the comfort and convenience of our office. Call 301.681.3400 to schedule an appointment.

Our goal is to return our patients to a life of health, wellness, and independence

Will insurance cover PFMT? How can I learn more?

Covered by most insurance plans, PFMT restores patients’ health, confidence, and independence. For more information about bladder dysfunction and treatment options like PFMT

- General Female Brochure
- Post Partum Brochure

How can I tell if I'm a good candidate for pelvic floor therapy?

The best way to determine if pelvic floor therapy is a good choice is to have a routine assessment to evaluate the strength of the muscles and other issues that may have a bearing on incontinence issues.

If you have one of these problems, you may benefit from PFMT?

PFMT is indicated for the following conditions:

- Stress incontinence
- Urge incontinence
- Urinary frequency
- Urgency
- Interstitial cystitis
- Chronic pelvic pain
- Overactive bladder
- Frequent nighttime urination
- Fecal incontinence
- Chronic constipation
- Rectal pain
- Pelvic floor relaxation
- Painful Sexual Intercourse

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