

REHABILITATION SERVICES OUTPATIENT CLINIC LOCATIONS

POMONA VALLEY HOSPITAL MEDICAL CENTER

Robert & Beverly Lewis Outpatient Pavilion
1798 B N. Garey Avenue Phone: 909.865.9810
Pomona, CA 91767

CHINO HILLS OUTPATIENT CLINIC & AQUATIC POOL

Pomona Valley Health Center Phone: 909.630.7878
2140 Grand Ave., Suite 100
Chino Hills, CA 91709

CLAREMONT OUTPATIENT CLINIC

Pomona Valley Health Center Phone: 909.865.9104
1601 Monte Vista Ave, Suite 220
Claremont, CA 91711

LA VERNE OUTPATIENT CLINIC & AQUATIC POOL

Pomona Valley Health Center Phone: 909.392.6531
2333 Foothill Blvd, Suite A
La Verne, CA 91750

MILESTONES CENTER FOR CHILD DEVELOPMENT—CHINO HILLS

Pomona Valley Health Center Phone: 909.630.7877
2140 Grand Ave., Suite 135
Chino Hills, CA 91709

MILESTONES CENTER FOR CHILD DEVELOPMENT—CLAREMONT

Pomona Valley Health Center Phone: 909.630.7166
1601 Monte Vista Ave, Suite 230
Claremont, CA 91711

Leading the Way in Rehabilitative Healthcare

pvhmc.org/Milestones



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Nationally recognized, Pomona Valley Hospital Medical Center is the area's leading provider of comprehensive healthcare with centers of excellence in cancer, heart and vascular, trauma and women's and children's services. We also have an award-winning emergency department and neighborhood health centers for quality care close to home. Through our expert physicians and advanced technology, we offer the perfect blend of state-of-the-art medical treatment and personalized care.



REHABILITATION SERVICES

URINARY INCONTINENCE PELVIC PAIN MANAGEMENT



DID YOU KNOW?

- Incontinence is NOT an age-related condition. It can affect anyone, at any age, regardless of gender.
- Urinary incontinence is twice as prevalent in women as men.
- Every year, there are more adult diapers sold than baby diapers.
- The average incontinent adult spends \$2,000 per year on related personal care products.
- Leaking can have a negative impact on your daily activities, travels, work, and relationships with friends and family.
- Urinary incontinence is the 2nd most common reason for nursing home placement.
- You do not have to have a significant leaking problem to seek treatment.
- Studies show that most incidences of incontinence can be resolved with a combination of pelvic floor muscle training and bladder training.
- "Kegel" exercises may help stop leaking. However, most people cannot correctly locate the appropriate muscles to do the exercises properly.
- The Journal of the American Medical Association (JAMA) reports that physical therapy treatments can help reduce the frequency of stress incontinence episodes by 71.9%.



DOES IT SEEM LIKE YOU ARE ALWAYS LOOKING FOR ONE OF THESE?

If it does seem like you are always looking for a restroom .. you're not alone! An estimated 13 million American adults, both men and women, suffer from urinary incontinence every day. Urinary incontinence, or involuntary loss of bladder control, is when urine leaks out before you can get to a bathroom. It is important to note is that although incontinence is more likely to occur with age, it is not considered a natural part of getting old. With proper treatment, you can get your "leaking" problem under control. Physical Therapy is one such treatment that can help manage the symptoms of urinary incontinence.

THE FIRST STEP ...

Discuss your problem with your physician. Depending on the condition, you may be a candidate for conservative management of urinary incontinence through physical therapy.

WHY CHOOSE PHYSICAL THERAPY TO TREAT INCONTINENCE?

Physical therapy offers a non-surgical treatment option to help manage urinary incontinence. Medication can be helpful, but it can often be expensive, and may not alone be 100% effective in controlling leakage. Consult with your physician to help you decide the best treatment option for your condition. If your doctor feels surgery is your best option, outcomes can often be more successful with the pre/post-op pelvic muscle strengthening exercises available through physical therapy.



WHAT TYPES OF URINARY INCONTINENCE CAN BE MANAGED BY PHYSICAL THERAPY?

Stress Incontinence – Involuntary loss of urine with physical exertion. Leakage during everyday activities such as laughing, coughing, sneezing and lifting. Exercise can cause hypermobility of the pelvic diaphragm and intrinsic sphincter deficit.

Urge Incontinence – Sudden urge to urinate with little or no warning; frequent difficulty reaching the bathroom on time. Due to bladder muscle instability ... inability to control the bladder as it contracts.

Mixed Incontinence – Combination of both stress incontinence and urge incontinence.

CAN PHYSICAL THERAPY ALSO HELP PELVIC PAIN CONDITIONS?

Many women experience pain in the lower abdominal or pelvic regions during the course of their lives for many reasons. Due to the large number of muscles, nerves, organs and supporting structures in the area, there may be more than one cause of pain and diagnosis may be difficult. Physical therapy can be helpful with problems stemming from the muscles, nerves and supporting structures.

Treatment for pelvic pain conditions may include biofeedback to help strengthen and/or relax the muscles, manual therapy techniques such as soft tissue mobilization and myofascial release, modalities such as ultrasound and electric stimulation, exercise programs and education regarding the specific condition.



URINARY INCONTINENCE MANAGEMENT PROGRAM AT PVHMC

This program offers discreet, individualized treatment plans that cater to the comfort level and consent of the patient. Provided by physical therapists that have been specially trained in this area, the primary goal of treatment is to reduce incontinence or pelvic pain and improve overall function and quality of life. A treatment plan will typically last for 6-8 visits. Key components of the program may include:

Biofeedback – Uses a computerized program and the activity of the pelvic floor muscles. Seen as a graph on the computer screen this allows patients to visualize correct use of pelvic floor muscles and enhances strengthening.

Pelvic floor muscle exercises – When done properly, Kegel and other similar pelvic floor exercises can help strengthen the pelvic floor muscles, often a key component of therapy for those with stress incontinence.

Behavioral training – An over-active bladder may result when the bladder learns to empty too frequently, causing unnecessary and inconvenient trips to the bathroom. Bladder retraining involves scheduled voiding, to increase the amount of time between trips to the bathroom.

Dietary training – Certain foods can irritate the bladder, causing a spasm of the bladder muscles which can contribute to incontinence. Constipation can also be a factor in bladder control, due to the close proximity of the colon to the bladder. Simple diet modifications may prove helpful in relieving incontinence.

Patient education – Regarding anatomy, diagnosis, therapy techniques, treatment options and home programs.

HOW DO I GET STARTED IN THE URINARY INCONTINENCE PROGRAM?

1. Talk to your doctor about your incontinence problem and ask if managing it through physical therapy is appropriate for your medical condition.
 - A prescription from your doctor is required
2. To schedule your first appointment for "Urinary Incontinence" at PVHMC call us at either our Claremont or La Verne rehabilitation clinics listed on the back panel of this brochure.
 - Please arrive 15 minutes early for your first therapy appointment
3. During your first visit, a physical therapist will ...
 - Review your doctor's prescription for therapy
 - Perform an initial evaluation of your condition
 - Establish an appropriate treatment plan
 - Schedule you for follow-up visits
 - Sessions typically last about one hour

WHAT SHOULD I WEAR OR BRING?

- Wear loose fitting clothing
- Wear proper fitting athletic or tennis shoes
- Bring any assistive device you may be using
- Bring your doctor's prescription for therapy
- Bring your insurance card and co-payment

WHAT IS THE COST OF THE PROGRAM?

- Treatments for urinary incontinence are covered by MEDICARE and most insurance carriers.
- Insurance co-pays apply to our services.
- Cash rates are available.



Common Causes
Of Urinary Incontinence

- PELVIC FLOOR MUSCLE WEAKNESS
- BLADDER INSTABILITY
- KINKED URETHRA
- SPHINCTER DEFICIT
- DECREASED ESTROGEN LEVELS
- POST-PROSTATECTOMY
- CHILDBIRTH
- OBESITY