



**TIGARD MEDICAL OFFICE**  
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**PORTLAND SOUTH OFFICE**  
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**APPOINTMENT INFO**

|                     |
|---------------------|
| Time:               |
| Location:           |
| Physical Therapist: |

**NOTE** If you cannot keep this appointment, please cancel by phone at least 24 hours prior to your appointment so that someone else may have the time reserved for you.

**QUESTIONS**

- Do you get up more than one time a night to use the restroom?
- Do you limit drinking fluids to avoid using the restroom?
- Do you plan your restroom visits?
- Do you use a pad or panty liner for potential accidents?
- Do you experience small leaks with coughing, sneezing, laughing or running?
- Do you urinate more than once every three to four hours?
- Do you find that certain activities trigger a sudden urgency to use the restroom?

**If you answered yes to any of the above these can be signs of an incontinence problem. There is a solution! We are here to help.**

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***Our Mission:*** We are a comprehensive medical team committed to making a healthy difference in your life.  
***We specialize in you.***

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*Get control again*

# A Simple Solution to Incontinence





## Incontinence

can severely impact a person's quality of life. It can have a range of effects from minor adjustments in lifestyle to a severe decline in one's life socially, emotionally, and financially.

### HOW PHYSICAL THERAPY CAN HELP

We have two mechanisms that control our nervous system and bodily functions; one voluntary and one involuntary. Most pelvic floor programs focus on the voluntary portion, i.e. Kegels. Our program is comprehensive as it includes the voluntary system with kegels, but also includes the incorporation and retraining of the involuntary system. This will optimize your results and increase your chance of success.

### WHAT TO EXPECT ON YOUR FIRST PHYSICAL THERAPY VISIT

Before your first session, we will ask you to complete a detailed questionnaire and bladder diary. The first session will include a review of your questionnaire, and for females, an EMG study. This will allow us to assess your current status and design a personalized program for you.

### WHAT IS ELECTROMYOGRAPHY (EMG) ?

A brief study in which an internal probe is used to read the electrical activity of your pelvic floor muscles. These muscles are used to control bowel and bladder function. The results of the study will show us any weaknesses or increased muscle tone that needs to be addressed.

### FOLLOW UP VISITS

You will receive one on one care from your physical therapist. Treatments will be conducted in a private and relaxed setting and will typically consist of a personalized home program including lifestyle education and exercise with manual therapy as needed to correct pelvic asymmetries. Results are typically seen within 4-6 treatment sessions.

