

# Incontinence Is No Laughing Matter

PHYSICAL THERAPY CAN IMPROVE BLADDER AND BOWEL HEALTH



Pelvic pain, urinary and fecal incontinence, constipation, and painful intercourse are all very private issues that no one really wants to talk about, but they impact the ability to enjoy life to its fullest. The good news is you're not alone, and even better, there are solutions to help.

Physical Therapy of Evangelical recently introduced a pelvic health offering to its line of specialties. Through one-on-one work with Kerin Cook, PT, MPT, OCS, patients can learn how to retrain those muscles, minimizing bladder and bowel conditions.

The pelvic floor is a system of muscles, ligaments, and connective tissues that support the organs of the pelvis, including the bladder, bowel, uterus and vagina in women, and prostate in men. Men, women, and

children of all ages can experience issues with these muscles inside the pelvis.

The pelvic floor is responsible for maintaining posture as well as intra-abdominal pressure, and for holding organs in place. When these muscles don't engage properly, individuals experience a variety of problems that can interfere with life.

"I've had patients who have suffered in silence for years before mentioning their incontinence or pain issues to their physician," says Cook, who has been delivering physical therapy for two decades. "Once they have been referred to physical therapy and we work together to improve the function of their core, the results can give them a new lease on life."

Certified in pelvic health from the American Physical Therapy

Association, Cook wants people to know that by creating individualized pelvic health plans and going through a physical therapy regimen in private sessions, patients can see normalization of their muscle control, function, and activation, leading to reduced pain and improved bladder and bowel health.

"I encourage everyone to be open and honest with their physician about even the most private of issues," says Cook. "When a problem is known, we have a solution to help."

## IMPROVING QUALITY OF LIFE



Contact your physician for a Pelvic Health Therapy referral. For more information about the program, call Physical Therapy of Evangelical at **877-541-1417**.