

Basic tips:

- Limit alcohol and drinks that contain caffeine such as coffee, tea or cola drinks
- Avoid drinking in the few hours before you go to bed.
- When you urinate, try to empty your bladder as much as possible and take your time.
- Try keeping a diary of when you go to the toilet, how often you experience incontinence
- Lose weight if you need to — carrying extra weight also puts further stress on pelvic floor muscles.

TESTIMONIALS:

1) Mr. S.M.

I'd pain in the pelvic region with feeling of incomplete emptying and constipation very frequently during the day.

My abdominal muscles had weakened after the injury to the pelvic region.

Exercises were conducted using Bio-feedback and stabilizer to strengthen the core muscles and also for the pelvic floor muscles, which were given some electrical stimulation.

Results were excellent. Pelvic pain has disappeared, no more incomplete emptying.

2) Mrs. M. K

I was always worried about the accidents that used to happen everytime I exercised or sneezed or laughed too hard after the birth of my two kids. But now I'm very confident and in control of my bladder after going through the Pelvic floor muscle strengthening sessions at Physio Asia and I could actually see my muscles contracting on the screen. It feels great.

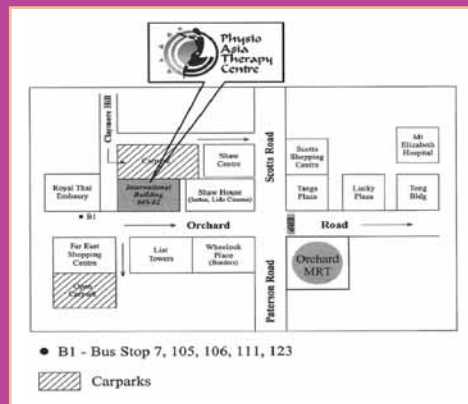
LOCATION

Located within walking distance from Orchard MRT and the Bus Stop is in front of Royal Thai Embassy.

Physio Asia Therapy Centre

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INCONTINENCE CARE

*We care,
your recovery is our passion.*



*"In health there is freedom. Health is the first of all liberties."
-Henri Frederic Amiel*

**Specialised Therapy Program for
improving Pelvic Floor Function and
Regaining your confidence.**



Incontinence occurs because of problems with the pelvic floor muscles and nerves that help to hold or release urine or control bowels.

Types of Incontinence:

Stress Urinary incontinence is the involuntary loss of small amounts of urine associated with coughing, laughing, sneezing, exercising or other movements.

Urge incontinence is involuntary loss of urine occurring for no apparent reason while suddenly feeling the need or urge to urinate even with an empty bladder.

Fecal incontinence is the loss of regular control of the bowel. Involuntary excretion and leaking are common for those affected.

Causes of Incontinence:

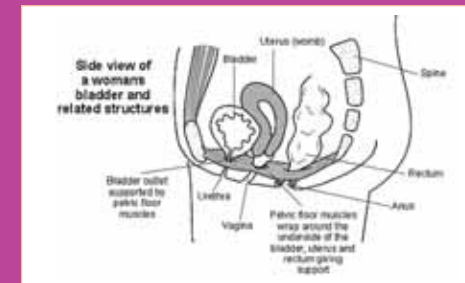
- In men, stress incontinence is common following a prostatectomy.
- In women, physical changes resulting from pregnancy, childbirth, and menopause.
- Nerve injury, birth defects, stroke, multiple sclerosis, and physical problems associated with aging.

Physio Asia's Incontinence Management program:

Solution to weak pelvic floor muscles is easy if you know how to manage it right and train it consistently everyday. This is the simplest and safest non surgical method to help to reduce the incontinence.

Kegel Exercises are to re-educate and strengthen the pelvic floor muscles. Improved muscle tone also helps to reduce pelvic pain.

Real Time Ultrasound Imaging: is used for training the important core muscles. It lets the physiotherapist assess the function of the deep pelvic floor muscles and allows you to see the muscles contractions on a screen. It maximizes the benefits of the exercise program.



EMG Biofeedback and stimulation: Electrodes are placed in your pelvic area and around the back passage. These are then attached to a bio-feedback machine. The electrodes sense your muscle activity and the strength of contraction. This gives you an audio-visual feedback which helps you to feel the muscles and exercise them effectively.

Bladder retraining: to learn to control the urge to urinate which involves using the toilet on a schedule so one learns to delay urination, whether you feel a need to go or not. In between those times, you try to wait till the next scheduled time.



Please don't forget, Incontinence is **MANAGEABLE** and **TREATABLE**.

Who will benefit from the pelvic floor muscle training program?

Women with mild and moderate stress incontinence

- during pregnancy and post-partum
- after pelvic surgery or repair
- due to organ prolapse
- due to menopause

Men after radical prostatectomy or pelvic injury.