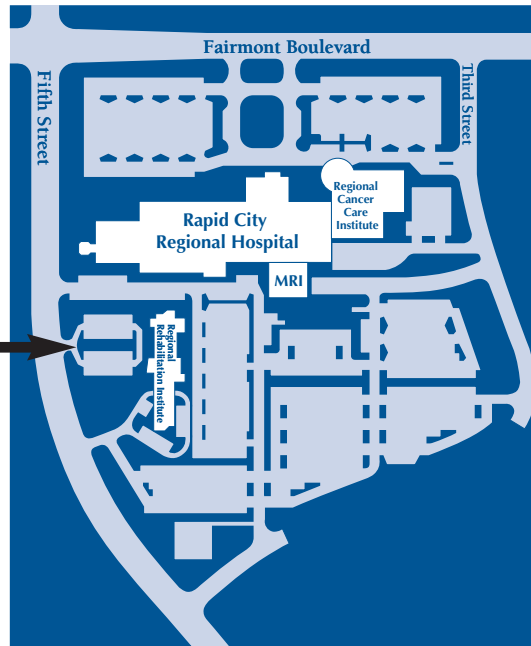


If you have bladder control problems, our Continence Program may be able to help. We offer conservative physical therapy treatment that can be an alternative to surgery or pharmacologic treatments.



Directions

Regional Rehabilitation Institute is located at 2908 Fifth Street in Rapid City, SD.



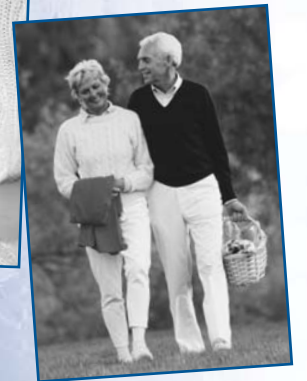
Urinary Continence Program Location



**REGIONAL
REHABILITATION INSTITUTE**

2908 Fifth Street Rapid City, SD 57701
(605) 719-1100

Continence Program *for Women*



**REGIONAL
REHABILITATION INSTITUTE**

Bladder Control

- ❧ Do you experience some urine loss when you cough, sneeze or laugh?
- ❧ Do you use the bathroom more than four to six times a day?
- ❧ Do you find yourself planning your daily schedule around trips to the bathroom?
- ❧ Do you limit your activities because of fear of urine leakage?
- ❧ Do you ever experience pain or discomfort with urination?
- ❧ Do you wear pads or protective garments to protect your clothing from urine?
- ❧ Have you recently had a baby or a vaginal surgery and now find some problems with bladder control?

If you answered yes to any of these questions, you are not alone. Millions of American women suffer from bladder control problems, sometimes called urinary incontinence.

The good news is Regional Rehabilitation Institute's Urinary Continence Program can help.

For more information on the Continence Program, call (605) 719-1100.

Continence Program

Regional Rehabilitation Institute's Continence Program offers comprehensive physical therapy evaluation and treatment for women with urinary incontinence.

Evaluation includes:

- ❧ Completion of a daily log of your urinary symptoms.
- ❧ Complete review of your related medical history and current symptoms by a licensed physical therapist.
- ❧ Physical exam of your pelvic floor muscle strength and coordination.
- ❧ Screening for urinary tract infections when indicated.
- ❧ Post-void residual volumes measured with bladder scan as needed.

Treatment plans are individualized to meet your needs and may include:

- ❧ Education on related anatomy and physiology.
- ❧ Pelvic floor strengthening and coordination training supplemented by biofeedback.
- ❧ Development of individualized home exercise program.
- ❧ Use of electrical stimulator to assist in muscle strengthening.

Take Control

Consult your physician.

To make an appointment, call Regional Rehabilitation Institute at (605) 719-1100, weekdays between 7 a.m. and 6 p.m. Ask for a Continence Program appointment.

Many insurance companies and Medicare will reimburse you for the cost of the program. Please have your insurance information handy when you call for an appointment.

Myths & Facts

Myth: Urinary incontinence affects mostly older women.

Fact: 26% of young physically fit women, prior to pregnancy and childbirth, have stress urinary incontinence.

Myth: Incontinence is a problem women must live with unless they choose to have surgery.

Fact: Multiple studies have shown that the conservative treatment offered by physical therapists can help.

Myth: Incontinence is a normal part of aging that can't be helped.

Fact: The type of treatment offered at Regional Rehabilitation Institute can help women of all ages.