

HEALTHY

ASSESSMENT

By Lorna Kohn



When you hear about bladder leaking and pelvic floor health, your mind might instantly go to female health. However, it's extremely common to see men struggle with a weak pelvic floor that leads to incontinence, or bladder leaking. So why don't we hear about it as much?

"Women talk about their health regularly with their OB-GYN," explains Dr. Mallory Hertz, PT, DPT with FYZICAL. "But men are often isolated in the pelvic health realm as they don't usually have established care with a specialist on these issues. And, they don't realize that they can get help for it."

A majority of incontinence cases in men stem from a prostate issue or following a prostate surgery, but sometimes, it just comes with age. The good news is, it's treatable. Men just need to know where to go for help.

While FYZICAL Therapy & Balance Centers started as a specialty clinic for the treatment of dizziness and imbalance in 2016, serving in the realm of pelvic health therapy was part of the clinic's vision from the beginning as the dizziness/imbalance and pelvic health populations are underserved in this community. In 2018, the clinic officially launched the pelvic health specialty program.

With four dedicated team members, FYZICAL in Dakota Dunes offers a unique blend of physical therapy techniques to aid in treatment for a variety of issues related to pelvic health including bladder leaking, urgency, pelvic pain, constipation, pain in pregnancy, and healing post-partum, in addition to treatment of vestibular (dizziness/imbalance) disorders.

Physical therapy can drastically improve a man's quality of life following surgery. In fact, scheduling a few appointments before a scheduled prostate surgery has been proven to reduce the risk of bladder leaking following surgery.

"The more paved the pathway before surgery, the better the recovery afterwards," says Dr. Hertz. "Not every urologist will send patients to therapy prior to surgery, but it is becoming more routine and is supported by research."

Newer standards say that men should have 4-6 weeks of programmed exercise before undergoing prostate surgery and continue therapy following surgery. Even if prostate surgery isn't in your near future, but you suffer from urgency or a leaking bladder, you should schedule an appointment for a pelvic health

assessment. These are issues that society sometimes tolerates as a normal part of aging, but it shouldn't be. It's a common issue but not a normal one.

During your assessment the therapist will test your strength and prescribe you specific exercises to train your pelvic floor. An assessment with FYZICAL can also help determine if you have other factors, such as dietary habits or toileting frequency, that are impacting your leaking. In addition to education, treatments may also include biofeedback retraining or electrical stimulation to enhance muscle control and strengthening.

"Every diagnosis is different," says Dr. Hertz. "The best thing you can do is come in for a physical therapy evaluation so we can assess your problems and develop a program that will bring you the most success."

Don't spend your days racing to the toilet or worrying about leaking in public. Your life can be yours again with a few helpful sessions with the professionals at FYZICAL Therapy & Balance Centers in Dakota Dunes. Schedule your assessment, today! No referral needed!

Spelled different because we are different.

IF YOU ANSWER YES TO ANY OF THESE QUESTIONS YOU MAY HAVE A BLADDER CONTROL PROBLEM.

Do you leak any urine; even a small amount?

Do you go to the bathroom "just in case"?

Do you ever have to rush to the bathroom?

Do you go to the bathroom more than 8 times per day?

Do you have to wear pads when you leave the house?

Do you wake up more than one time per night to urinate?

Do you feel like you are not able to fully empty your bladder?

Do you have frequent urinary tract infections?



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605.217.4330 • www.fyzical.com/dakota-dunes-sd
101 Tower Rd. #110, Dakota Dunes, SD 57049