



MEDICAL MOMENTS *by*



Urgency & Overactive Bladder

Maybe you are the 1 in 5 women over 40 with recurring frequency and urgency, or maybe you are in the 36.8% of women 20-45 years old suffering from overactive bladder, but when you fear bladder leaks you feel dependent on incontinence products or a close restroom. There has to be something to reduce the frequency and urgency to get you back to doing what you love without fear.

What Can Be Done? - Pelvic Floor Physical Therapy (PFPT)

PFPT can help identify and reduce any events making it more likely you will have the urge to go. (Stress, cold weather, and even hearing running water are common events known to trigger urinary urgency.) But frequency and urgency are often due to underlying pelvic floor muscle dysfunction. PFPT is suited to help you properly activate and release the muscles of your pelvic floor. With proper activation of your pelvic floor muscles you will have an easier time of withholding your urine and releasing it on your schedule.

PFPT floor isn't so different than physical therapy for a knee or shoulder. Your PT will conduct a thorough examination including a history of your concerns. Together you will decide the best course.

Requirements for Continence

1. **Perception** - recognize the need
2. **Place** - identify a place to go
3. **Propulsion** - get to the restroom
4. **Void** - empty your bladder

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