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# *Safe, Nonsurgical Incontinence Treatment Program*

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## *The Problem*

Incontinence means the involuntary loss of bladder control or bowel control - the inability to predict when and where urination and/or bowel movements will occur.

Incontinence is a common disorder experienced by as many as 20 million males and females of all ages. It often seems difficult to manage and many are of the mistaken belief that nothing can be done to correct it. Incontinence can lead to frustration, isolation and depression. The elderly find themselves placed in nursing homes when family members are no longer able to cope with the problems incontinence creates.

## *It's Not Hopeless*

Incontinence is not a hopeless condition. In and of itself, incontinence is not a disease, but rather a symptom of an underlying condition that affects men and women of all ages and backgrounds. Embarrassment, shame and a mistaken sense of futility about management of the problem can prevent people from seeking help.

## *Causes & Types of Incontinence*

There are many causes of incontinence, including infections, pregnancy, surgery and being overweight. It can also be brought on by a variety of diseases, such as diabetes, multiple sclerosis and muscular dystrophy.

There are different types of incontinence:

- ◆ ***Stress Incontinence*** - A small amount of urine is released by such everyday physical activities as laughing, coughing and sneezing.
- ◆ ***Urge Incontinence*** - The urge to urinate comes on so suddenly that it is often impossible to reach a toilet in time.
- ◆ ***Overflow Incontinence*** - The bladder is constantly filled, causing it to release small amounts of urine frequently.
- ◆ ***Reflex Incontinence*** - The absence of bladder control is due to impaired nerve function.
- ◆ ***Fecal Incontinence*** - Impaired rectal sensation or muscle control results in the loss of stool or the staining of underclothes.

## *Where is Treatment Available?*

A comprehensive incontinence treatment program is offered by Riverview Rehabilitation Center, where physical therapy staff are specially trained and certified to treat incontinence.

You may call Riverview Rehabilitation Center at 715-424-8500 for more information. A physician's referral is required to initiate treatment.

## *Designed to Meet Your Needs*

At Riverview Rehabilitation Center, you will find a conservative approach to solving your incontinence problem.

We advocate a self-help program of exercise and surface electromyography (EMG), which has proven effective in helping many people regain bladder and/or bowel control. The exercises are essential in strengthening the muscles that support the pelvic and/or prostate organs. When weakened or stretched, the muscles can cause or contribute to the problem of incontinence.

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## ***Riverview Rehabilitation Staff & Services***

Riverview Rehabilitation is staffed by skilled professionals, including: Occupational Therapists, Certified Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants, and a Speech & Language Pathologist.

These licensed professionals provide a full complement of services, including:

- ◆ Orthopedic Therapy
- ◆ Speech & Swallowing Therapy
- ◆ Work Conditioning
- ◆ Balance & Vestibular Dysfunction Treatment
- ◆ Incontinence Treatment
- ◆ Headache Pain Treatment
- ◆ Temporomandibular Joint (TMJ) Treatment
- ◆ Lymphedema Treatment
- ◆ Neurological Hand Rehabilitation with the SaeboFlex Splint
- ◆ Clinical Driving Assessments
- ◆ Therapy after a Stroke, CVA or Brain Injury

Riverview's licensed therapists: assess clients' conditions; develop plans of care; and establish functional goals with clients.

***Even if you see a doctor from  
another community or facility,  
you may request to rehabilitate  
locally with Riverview.***

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## ***Three Locations***

Riverview Rehabilitation was established in 1992 to respond to the growing needs of area residents for convenient, readily accessible outpatient rehabilitation services. Today, Riverview Rehabilitation has three convenient locations, including:

### **Riverview Rehabilitation Center**

in Riverview's Bethke Building at 1041 Hill Street in Wisconsin Rapids.

This 10,000-square-foot facility includes:

- ◆ Large gymnasium with leading-edge diagnostic and rehabilitation equipment
- ◆ Individual treatment/exam rooms
- ◆ Biodex Balance System to improve balance and weight shift
- ◆ Biodex Unweighing System to improve the quality and speed of walking
- ◆ Bathroom and kitchen training areas for clients with functional disabilities

### **Riverview Family Clinic Nekoosa**

at 1015 Angelus Drive in Nekoosa

### **Riverview Family Clinic Lakes Area Medical Center**

in the Town of Rome at 1160 Rome Center Drive (Highway 13 and Queen's Way)

***Riverview***

REHABILITATION CENTER

715-424-8500

[www.riverviewmedical.org](http://www.riverviewmedical.org)

***Safe, Nonsurgical***

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# **Incontinence**

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***Treatment Program***

***Riverview***

REHABILITATION CENTER

**Three Convenient Locations:  
Wisconsin Rapids  
Nekoosa ◆ Lakes Area**