

# Torrance Memorial Medical Center REHABILITATION SERVICES

## Incontinence Program

### A Comprehensive Approach for the Treatment of Bladder Control Problems

- Pelvic muscle rehabilitation and bladder inhibition using biofeedback therapy is recommended as one of the first line behavioral treatment approaches for patients with stress, urge, and mixed incontinence. (AHCPR 96)
- Motivated patients without overflow UI, underlying neurological, medical or cognitive complications are the most likely to achieve success with this treatment protocol.
- Individual treatment includes assessment, patient education, behavioral modification biofeedback, and instruction in a home exercise program.
- Patients with the following issues may benefit; fecal incontinence, constipation, urinary incontinence, pelvic pain, enuresis, prostatitis, and status-post prostatectomy.
- Other applications include pre and post partum, pre and post surgery patients.

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All evaluations and treatments are performed per physician's order.  
Many insurance carriers require pre-authorization for outpatient physical therapy.



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