

# BOONE COUNTY HOSPITAL



*When women take care  
of their health they become  
their own best friend.*

*— Maya Angelou*

## Women's Health

Incontinence and other pelvic floor dysfunctions can occur at any age and for many different reasons. However, most of the time you can retrain your bladder and bowels.

In Physical Therapy, we can treat:

- Urinary incontinence
- Fecal incontinence
- Fecal constipation
- Pelvic prolapse
- Pelvic pain
- Dysmenorrhea
- Dyspareunia
- Endometriosis
- Pudendal neuralgia
- Vulvar pain
- Interstitial cystitis/painful bladder syndrome

We complete an evaluation and treatment only to the level that the patient is comfortable. A physician's referrals is required by most insurances. Talk with your primary care provider, OB/GYN, or your nurse practitioner about your urinary incontinence and they will work with you to treat it and refer you to a specialist when needed, including physical therapy.



For the necessary treatment, a pelvic floor specialist will look at:

- Dietary changes
- How medication affects the bladder and bowel
- Bladder and bowel retraining
- Urge suppression techniques
- Teaching normal behavior of the bladder and bowels
- Ensuring Kegels are completed and prescribed correctly
- Decreased pain in the pelvic floor area, low back or legs
- Strengthening and retraining necessary pelvic floor, low back, core gluteal, and leg muscles as indicated
- Posture

Pelvic floor rehab is about eliminating bad habits, learning good habits, and giving you control back versus your bladder controlling you and your life.

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