

Pelvic Floor Physical Therapy

URINARY INCONTINENCE

Urinary incontinence can be difficult to live with, limiting your ability to perform everyday activities and can be uncomfortable to talk about. Physical therapists can help manage concerns such as:

- Urge and stress urinary incontinence
- Urinary urgency and/or frequency
- Difficulty emptying your bladder
- Pelvic organ prolapse
- Nocturia (getting up more than one time at night to urinate)

BLADDER HEALTH WELLNESS AND REHABILITATION:

The goal is to improve pelvic health and help you build healthy bladder habits to support bladder function. The pelvic floor physical therapists have specialized training to help you with this issue. There are medically-proven ways to help you improve your ability to eliminate or significantly improve your bladder-related issues, so you can feel confident getting back to the activities that you enjoy.



WHAT TO EXPECT:

Before your first visit, please complete forms that list your history, current symptoms and concerns. This information will help the physical therapist with your evaluation. At your initial physical therapy visit, you and the physical therapist will discuss any concerns.

EVALUATIONS MAY INCLUDE:

- Posture
- Pain concerns
- Breathing
- Strength
- Flexibility
- How to use your core muscles (including pelvic muscles)
- Bladder and bowel routine
- Nutrition and fluid intake
- Education on potential irritants

The therapist will explain all evaluation and treatment options to help you make informed decisions, and your healthcare team will work with you and your referring healthcare provider to determine your plan of care.

SCHEDULING AN APPOINTMENT:

Talk with your healthcare provider about your concerns and request a referral for pelvic floor physical therapy. You can return the referral in person, by fax or email to the Keck Center. Most insurance plans are accepted. Before your first visit, be sure to contact your insurance provider to discuss any out-of-pocket expenses.

CONTACT INFORMATION:

CRH Keck Center for Outpatient Services

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