

Now available at **Hollyburn Physiotherapy** 604 926 6868

Physiotherapy for Male and Female Urinary Incontinence

Corine Van Doorn, Registered Physiotherapist

Clients presenting with **stress or urge incontinence** will benefit from physiotherapy assessment and treatment. Amongst some of the techniques used will be **biofeedback** and **muscle stimulation**, this to both measure and increase the strength and control of the pelvic floor. Pre and post operative consults are recommended for any lower abdominal surgery in women, to prevent incontinence post surgery. Pre and post operative consults are also recommended for clients who will undergo **prostatectomy**, to increase the strength of the pelvic floor pre surgery and so to diminish the post operative incontinence. Another specialty offered to clients will be the treatment of any **internal pelvic pain**, both pre and post surgery.

Corine Van Doorn B.Sc. (PT), MCPA specializes in the treatment of urinary incontinence in both men and women. She has experience in chronic pain management using meditation and visualization techniques as well as standard physiotherapy interventions. Other areas of clinical interest include enhancing quality of life for the neurologically challenged client and treatment of paediatric neurological conditions.

Corine is available at Hollyburn Physiotherapy to see clients on Tuesdays. The initial session includes a thorough assessment before treatment goals and plans are determined jointly with the client.

ASSESSMENT

- Internal manual muscle testing
- Extensive subjective history including completion of a voiding diary
- Assessment of other related musculoskeletal problems i.e. low back pain

TREATMENT

- Pelvic floor muscle strengthening using electrical muscle stimulation or biofeedback modalities
- Monitoring of voiding habits
- Education of eating, drinking and voiding habits
- Core stability muscle retraining

Please contact Corine at Hollyburn Physiotherapy (604 926 6868) to arrange an appointment.

Hollyburn Physiotherapy Clinic
301-1549 Marine Drive (behind Savary Island Pie Company)
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