

About Our Services

Free Screenings

Although your physician is your best resource we are available to answer any of your questions. Call (785) 825-1361 to schedule an appointment for a free screening.

Insurance Services

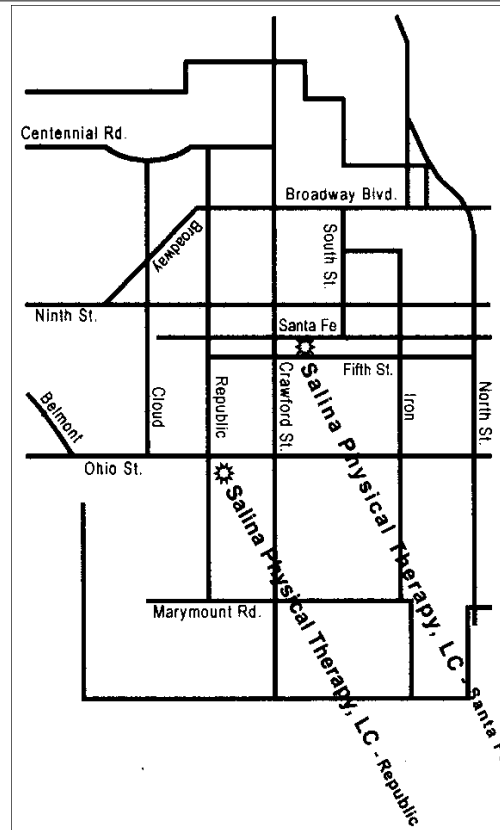
We accept most insurance policies and will file all insurance claims.

Educate Your Organization On Incontinence

Our Physical Therapists would be happy to present free educational programs about bladder and bowel control to professional, senior citizen and other community groups.

Physical Therapists

Denice Justus, M.P.T.
Kaye Prim, P.T., C.L.T.



SALINA PHYSICAL THERAPY

521-A S. Santa Fe
Or
1101 E. Republic
Salina, Kansas 67401

Phone: 785-825-1361
Fax: 785-825-1398
Hours: Monday through Friday
8:00 a.m.—5:00 p.m.



Incontinence Therapy

*A therapeutic treatment
for Bladder Control*

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Physical Therapy Can Help!

Over 85% of clients regain control over their bladder in just a few short weeks.



Salina Physical Therapy

What Is Incontinence

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

What Causes Incontinence?

There are many causes of incontinence, including:

- childbirth
- pregnancy
- menopause
- prostate problems
- infections
- hysterectomy
- diabetes
- hip replacement/fracture
- plus many more!
- low back pain
- fallen bladder
- fallen uterus
- surgery
- overweight
- falls
- aging

You Should Seek Therapy If...

- Leakage of urine prevents participation in normal activities or attending social events.
- Need to rush to the bathroom &/or loss of urine if you don't arrive in time.
- Embarrassment from frequent trips to the bathroom, fear of odor &/or leaking.
- Your bladder has "fallen" (referred to as cystocele)
- Your uterus has "fallen" (known as uterine prolapse)
- Your pelvic muscles feel weak and "loose"
- Need to change underwear frequently or use pads to absorb leaks.

Did You Know?

- Incontinence is NOT an age-related condition. It can affect anyone, at any age, regardless of gender.
- The average individual spends \$2,000 / year on personal care products related to incontinence.
- Every year, there are more adult diapers sold than baby diapers.
- 18 million Americans are incontinent.
- Urinary Incontinence is twice as prevalent in women as men.
- You do not have to have a significant leaking problem to seek treatment. Prevention is the best medicine!
- 85% of incontinence can be controlled with proper physical therapy.
- "Kegel" exercises performed on your own may not stop leaking. Most people cannot correctly locate the appropriate muscles to exercise on their own.
- Urinary Incontinence is the 2nd most common reason for nursing home placement.

This is not a condition you have to endure. Seek treatment and regain control over your life today!

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Take The First Step To Bladder or Bowel Control

Whether you experience little accidents of wetting, major urine loss, or bowel incontinence, you now have hope of regaining control without surgery or medication.

Physical Therapy treatment for incontinence includes:

- Client education
- Nutritional changes
- Pelvic muscle exercises
- Relaxation techniques
- Biofeedback

The exercises are very simple to do and play a major role in helping overcome leaking.

Why Choose Physical Therapy To Treat The Overactive Bladder?

Physical therapy is the most natural, non-invasive treatment option available to help correct bowel or bladder difficulties. Medication is expensive, has side effects, and often does not stop leaking entirely. Surgery to "lift" the bladder is often more successful when combined with pelvic muscle strengthening exercises. In some cases, surgery can even be eliminated if the pelvic muscles respond well to a strengthening program. Consult with your Physician to help decide the best treatment option for your overactive bladder.