

# Freedom.

## Bladder Incontinence in Women



**WOODLAND HEIGHTS  
MEDICAL CENTER**<sup>SM</sup>

*WoodlandHeights.net*

505 S. John Redditt Dr. • Lufkin, TX 75904  
936-699-CARE (2273) • *WoodlandHeights.net*

Woodland Heights Medical Center is directly or indirectly owned by a partnership that proudly includes physician owners, including certain members of the hospital's medical staff.

The Outpatient Rehabilitation Center at Woodland Heights (WHMC) offers bladder re-training for women of all ages. Bladder retraining targets the unique healthcare needs of women at all stages of life. Our therapists work with women to address bladder incontinence that can occur during pregnancy, postpartum and post menopause.

WHMC uses a comprehensive approach including biofeedback, exercise and other methods to strengthen pelvic floor muscles.

- **Biofeedback and electrical stimulation**

Use of electronic sensors internally can measure and balance muscle strength, aid in pain relief and provide feedback on proper contraction of the pelvic floor muscles. Electrical stimulation can aid in the contraction of a weak pelvic floor muscle and also provide pain relief.

- **Exercises targeting the pelvic floor**

Targeted exercises, most commonly known as kegels, can improve the tone and function of the pelvic and abdominal area.

- **Manual therapy**

Joint manipulation can decrease muscle tension and spasms and help restore normal muscle tone.

- **Therapeutic ultrasound**

Deeper heat can decrease inflammation and aid in healing.

Therapy services are offered on an outpatient basis at The Outpatient Rehabilitation Center at Woodland Heights.

## **Experienced specialty staff**

Bladder re-training services are offered by a physical therapist who is trained in women's health and pelvic physical therapy.

## **Learn how we can help**

Talk with your primary care physician to see how The Rehabilitation Center at Woodland Heights can be a part of your treatment plan. All services require a physician referral from your primary care doctor or specialist.

Our staff can help answer questions or provide guidance in obtaining the necessary referral for services. For more information or to schedule an appointment, call The Rehabilitation Center office at 936-632-2639, 8 a.m.–5 p.m., Monday through Friday.