



CHESTERTON
**PHYSICAL
THERAPY, INC.**
Great Health Through Great Physical Therapy!

MARCH 2023

Incontinence and Pelvic pain

You're not alone!
Treatment is available.



Global accreditation authority helps facilities demonstrate a strong commitment to patient safety, and standardized quality, maintain fiscal responsibility, promote services to patients, and collaborate with other healthcare leaders.

INTERNATIONAL
WOMEN DAY

URINARY
INCONTINENCE

HOW PT CAN HELP



International Women's Day



On this International Women's Day, Chesterton Physical Therapy wants to thank and express our gratitude and appreciation to all the women. Your strength, resilience, and contributions toward society and to your family are invaluable and inspire us.

We offer top-line equipment and treatment to help you keep up with your busy life. Treat yourself to the better pain relief this **International Women's Day.**

If you or someone you know is a woman who is suffering from pain, please do not wait any longer. **[Call us today](#)** to begin your recovery journey with **[Chesterton Physical Therapy.](#)**

[VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT](#)

[CHESTERTONPT.COM](#)

Why am I experiencing *urinary incontinence?*

There are several reasons why someone may leak urine despite their control. Some short-term urinary incontinence may develop and disappear on its own due to a temporary condition, such as a urinary tract infection, vaginal infection, or constipation. Certain medications can even cause temporary bladder control problems that should clear up after use. However, if your urinary incontinence persists, it may be due to a larger underlying condition, such as:

- Weak bladder muscles
- Overactive bladder muscles
- Damaged bladder nerves, typically from diseases such as diabetes, multiple sclerosis, or Parkinson's
- Blockage from an enlarged prostate
- Difficulty getting to the bathroom in time, due to diseases such as arthritis
- Pelvic organ prolapses
- Prostatitis
- Benign prostate hyperplasia
- Damaged pelvic floor nerves, due to injury or surgery



How will physical therapy help with my *urinary incontinence?*

At Chesterton Physical Therapy, we know that living with urinary incontinence can be limiting – and even embarrassing at times, especially when it occurs during a social setting. Our Dunes Plaza, Sand Creek, and Willowcreek Rd. physical therapists are dedicated to improving your pelvic health, quality of life, and socialization, so you can get back to living your very best life.

When you arrive for your initial consultation, one of our physical therapists will perform a physical examination to determine the strength of your pelvic floor. Your physical exam, along with an evaluation of your medical history and a discussion of your symptoms, will help in determining the best route for your treatment plan. Typical treatments for those struggling with urinary incontinence typically include:

- Increasing strength, stability, and endurance of the core, transverse abdominals, hip muscles, and pelvic floor.
- Increasing synergy and pattern of muscle firing between the pelvic floor and core.
- The use of biofeedback for pelvic floor training and re-education.
- Performing strengthening exercises in functional and dynamic positions.
- Improving posture/positions.
- Modifying diet.
- Keeping a bladder diary and log.
- Participating in an exercising/walking/mobility program.
- Participating in functional activities.
- Participating in a home exercise program and instruction.

IF YOU, OR SOMEONE YOU ARE CARING FOR, ARE **STRUGGLING WITH URINARY INCONTINENCE** AND YOU ARE LOOKING FOR HELP, **[CONTACT US AT CHESTERTON PHYSICAL THERAPY TODAY](#)** TO SCHEDULE AN APPOINTMENT. ONE OF OUR DUNES PLAZA, SAND CREEK AND WILLOWCREEK RD. PHYSICAL THERAPISTS WILL GET YOU STARTED ON THE PATH TOWARD URINARY CONTROL AND RELIEF.

chestertonpt.com

You're not alone!

Treatment is available.

Book Your Appointment.

- 34% of female high school athletes report incontinence - Worse if competing year-round
- 36% of former Olympic gymnasts and runners reported incontinence while competing in the Olympics
- 23% of men overall had incontinence
- 18 to 39 age group: 17%, or one in six men had UI
- Risk factors for men: diabetes, fecal incontinence, constipation, prostate surgery

Female High School Athletes

34%

Symptoms worsened if they competed year-round

Female High School Athletes

34%

Reported Incontinence

2017 Survey (Men)

36%

Had Incontinence

Former Olympic Gymnasts

34%

Incontinence While Competing

18 to 39 Age Group (Men)



18 to 39 Age Group (Men)



HAPPENINGs at Chesterton PT this month!

**CHESTERTON
PHYSICAL
THERAPY, INC.**
Great Health Through Great Physical Therapy

Celebrating
Anniversary

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**MICHIGAN CITY
MARCH 16TH, 3-6 PM**

320 DUNES PLAZA, MICHIGAN CITY, IN 46360
P: (219) 898-4360

[VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT](#)

CHESTERTONPT.COM

TRY THIS **HEALTHY** RECIPE

Healthy Vegetable Sandwich

Ingredients

- 2 slices bread
- Mayo and mustard
- Your favorite veggies
- Dried oregano

Directions

Spread on mayo and mustard to taste and build your sandwich: your favorite veggies then the remaining veggies and the top slice of bread.



Refer-A-Friend!

Who Do You Know That Needs Our Help?

If you know someone who may benefit from our style of Physical Therapy, please pass along this newsletter. We will send them information about how we might be able to help them.

Click the link to visit the page on website

[REFER A FRIEND](#)

Our 3 Convenient Locations

CHESTERTON

425 Sand Creek
Dr. N #C
Chesterton, IN 46304
Ph. No. (219) 926-9779

MICHIGAN CITY

320 Dunes Plaza
Michigan City
IN 46360
Ph. No. (219) 898-4360

PORTAGE

3190 Willowcreek
Rd Suite A
Portage, IN 46368
Ph. No. (219) 682-2990

[REQUEST AN APPOINTMENT](#)

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