

Programs for Women

Biofeedback Treatment

- ◇ Stress Incontinence
- ◇ Urge Incontinence

Pelvic Pain

- ◇ Levator Ani Syndrome: rectal pain or aching
- ◇ Vulvodynia: Burning, stinging, rawness in pelvic floor
- ◇ Interstitial Cystitis



Care During Pregnancy

- ◇ Back, hip and neck pain
- ◇ Pregnancy Massage

Post Partum

- ◇ Pelvic floor trauma or laxity
- ◇ Painful scars: C-section, episiotomy and tears
- ◇ Prolapse

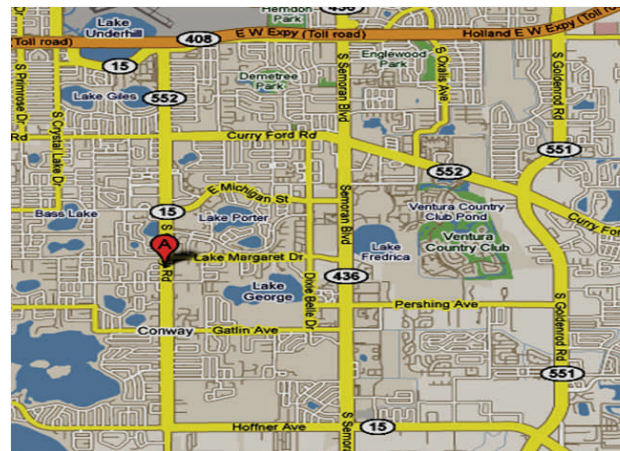
Osteoporosis: How Strong is your Frame?

- ◇ Regain lost height with posture exercises to strengthen both muscle and bone in 6-8 weeks



Meet our specially trained staff, Carolyn Kiefer PT, Melissa Schubert, PT and Joanna Quitos, PTA

Our specially trained staff, have completed numerous courses on pelvic floor rehabilitation and obstetric physical therapy.



KNEAD TO BE FIT

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Knead To Be Fit inc.
Therapeutic Services

"We provide hands
on healthcare"



Biofeedback for Urinary Incontinence

Part of the Women's Health Program



Tel: 321-251-7877
~Se habla espanol~

Biofeedback Treatment



That cup of coffee may be the reason your going to the restroom every 2 hours.

Urinary Incontinence

Urinary incontinence is a condition resulting in involuntary loss of urine

Urinary incontinence is a symptom or sign, not a disease.

Depending on the severity of incontinence, biofeedback and exercises can help in most cases.

Treatment usually last 6-8 sessions over several weeks.

You can do something about Urinary incontinence

Types and terminology of urinary incontinence:

Stress Incontinence the loss of urine during certain activities such as coughing, laughing, or sneezing. This is a result of weak pelvic floor muscles. If you are going to the bathroom more than 7 times a day or every 2-3 hours to avoid an accident, you may have stress incontinence.

Urge Incontinence the loss of urine because of a strong feeling or urge. Frequent urge triggers are cold, running water or when you arrive home “key in the door”. You may also leak urine on the way to the toilet.

Postural Incontinence the loss of urine when changing body positions such as standing up from a chair.

Overactive Bladder can include urgency, frequency and feelings of incomplete voiding with or without pelvic pain and leakage.



One of our Women’s Health professionals will evaluate your rehabilitation needs

During the evaluation, you will use either an internal sensor placed into the vagina or external stick on sensors placed around the rectal opening applied by the physical therapist. These sensors are used to monitor the muscle activity of your pelvic floor. This enables you and your therapist to see and evaluate resting muscle activity as well as evaluate your muscle strength and endurance. The results of the evaluation will help your therapist design a specific treatment plan.

Specialized treatment programs are developed for your individual needs

After evaluation, a plan of care will be established that is specific to your needs. You will also be instructed in a home exercise program. Some people may need a special home biofeedback unit to help them monitor the exercises. If this is necessary, the equipment can be rented or purchased.