

# GEISINGER HEALTHSOUTH REHABILITATION

2 Rehab Lane • Danville, PA 17821

(800) 232-8260 [www.geisingerhealthsouth.com](http://www.geisingerhealthsouth.com)

“...A Higher Level of Care”

FACT SHEET

## Incontinence Program

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The Incontinence Program at Geisinger HealthSouth provides a comprehensive evaluation and treatment plan for women with a variety of diagnoses. Loss of pelvic floor muscle tone is a common problem with many women due simply to the aging process, childbirth or as a result of previous surgery. Our basic goal is to strengthen the muscles of the pelvic floor through education, biofeedback and a regimented program of exercise which, when done appropriately can decrease incontinence.

There are currently millions of people in the United States with some type of incontinence. This common condition affects people without any regard for age. Because of embarrassment, many do not discuss their problem with a physician or seek help. At Geisinger HealthSouth we recognize incontinence is not just a function of the aging process but may also be a result of another condition. In many cases it can be improved or cured.

Geisinger HealthSouth's Incontinence program utilizes a non-surgical, non-pharmacological approach combining physical therapy with behavioral modifications to help patients regain bowel and bladder control with confidence. Overall treatment averages four to six weeks. Inpatient and outpatient services are available and are provided in a comfortable and private setting.

### Indications for referral:

- Bladder Incontinence
  - Stress incontinence (release of urine brought on by sneezing, coughing or laughing)
  - Exercise induced incontinence
  - Urge incontinence (sudden need to urinate)
- Bowel incontinence/constipation
- Impaired muscle or nerve function
- Post-natal incontinence
- Pelvic Pain

### Services Provided:

- Evaluation
- Pelvic floor exercises
- Electromyography (EMG)
- Relaxation techniques based on Yoga principles

### Referral Process:

Many suffer from incontinence, which is due to pelvic floor weakness although, incontinence can also be a symptom of an underlying condition such as urinary tract infection (UTI), pelvic tumors or growths, bladder cancer, endocrine problems or nervous system diseases. A complete evaluation by a primary care physician, urologist, colorectal surgeon or gynecologist, including diagnostics is recommended prior to referring a patient to the Incontinence Program. To find out more about the Incontinence Program, **please call (570) 271-6704 and ask for Louise Litzy PT**. Geisinger HealthSouth is a provider for many insurance plans, including Medicare, GHP, Keystone, Blue Cross and Blue Shield to name a few.

**Danville Woodbine Lane Clinic      Phone (570) 271-6704      Fax (570) 271-6715**  
**Berwick Clinic      Phone (570) 752-5009      FAX (570) 752-3129**