



We Go Beyond Kegel Exercises...

Lakeside Rehabilitation's incontinence program uses biofeedback to improve teaching methods of basic Kegel exercises. Through an internal sensor and a handheld device using LED indicators that will display the strength of a muscle contraction, our patient can observe and learn. Enabling patient to fully contract the pelvic floor muscles efficiently for strength gains has always been the downfall of previous Kegel program interventions. Our biofeedback assisted program solves this issue.

What does a typical incontinence treatment session consist of?

Evaluation by our therapist to assess muscle integrity, volitional control, strength and endurance. **Treatment sessions** typically last 6-8 weeks, depending on compliance and/or initial weakness level of clients. **Discharge** is done once some positive changes are seen, if not a significant reduction in overall number of incontinence episodes.

Program Cost:

Most insurances cover our treatment program, however patients must purchase the sensors "out of pocket" (One time price of \$40.00 or less).

Our Incontinence Treatment Specialist:

Beth Eisenlor, PTA

Physical Therapy Assistant with over 30 years of experience. She trained in pelvic floor strengthening through Janet A Hulme, MA, PT programs, who teaches extensively and has published several books related to incontinence, women health issues and fibromyalgia. Beth has approximately 10 years of experience in using biofeedback for pelvic floor strengthening.



INCONTINENCE PROGRAM

Using biofeedback for pelvic floor strengthening.

Designed to decrease or eliminate incontinence caused by muscle dysfunction or bladder irritability.



What does patient need to succeed:

Motivation
Willingness to follow intensive home exercise program
Willingness to adhere to some changes in fluid intake.
Perseverance!

Please contact us with any questions or comments. We are looking forward to hear from you.

Lakeside Comprehensive Rehabilitation
601 E Main Street
Hart, MI 49420

Phone: 231.873.3577
www.lakesiderehab.com