



NEWSLETTER

HELPING YOU MOVE THROUGH LIFE PAIN-FREE!



How Physical Therapy Can Help Incontinence

Do you struggle to empty your bladder completely? Have you experienced leaking accidents when you cough or sneeze? You may be dealing with urinary incontinence.

The good news is that at Achieve Therapy, our therapists are experts at treating the different types of incontinence and can help you resolve this issue once and for all!

Urinary incontinence is the loss of bladder control. The two most common types of urinary incontinence are stress incontinence and urge incontinence (aka overactive bladder).

Although more women than men are affected, men can also have urinary incontinence after prostate surgery. Urinary incontinence has a reputation for being a problem that only people of the older population experience, but many young people get urinary incontinence. Urinary incontinence is not a normal part of aging, and it can be treated.

At Achieve Therapy, our physical therapists can help identify the source of your problem and provide the guidance you need to resolve the incontinence.

Call today to set up an appointment and see how we can help!

Primary causes of urinary incontinence

Mild to moderate cases of common incontinence can be cured or greatly improved by behavioral or exercise therapy. There are many potential causes of urinary incontinence, including:

- Weakened bladder muscles resulting from pregnancy, childbirth, obesity, and aging
- Physical damage to your pelvic floor muscles from childbirth or surgery
- Damage to the nerves from delivery and health problems like diabetes and multiple sclerosis
- Enlarged prostate
- Types of cancer

Some types of urinary incontinence happen due to other reasons, like:

- Medication. Urinary incontinence may be a side effect of medicines such as diuretics.
- Caffeine. Caffeinated drinks may cause the bladder to fill quickly, leading to accidental leaking.
- Infection. Urinary tract infections and bladder infections may cause incontinence.
- Regardless of the causes, we have solutions that work for the different types of incontinence.

Visit us online at achieve-therapy.com or call the clinic nearest you.

Columbia

1425 S Columbia Rd.,
Grand Forks, ND 58201
701.409.1614

East Grand Forks

1421 Central Ave. NW,
East Grand Forks, MN 56721
218.316.7798

Park Rapids

110 Pleasant Ave S.
Park Rapids, MN 56470
218.216.2491



The Different Types Of Urinary Incontinence

Urinary incontinence is any undesired leakage of urine and involves the pelvic floor muscles. The pelvic floor muscles attach to the bottom of the pelvic bones and form a supportive "hammock structure" that supports the internal organs.

The different types of incontinence include:

- **Stress incontinence:** This occurs when intra-abdominal pressure increases during physical activity (i.e., playing a sport, laughing, or sneezing).
- **Urge incontinence:** This accidental leakage occurs with a sudden, strong need to urinate before reaching the bathroom.
- **Mixed incontinence:** A combination of both stress and urge incontinence.
- **Functional incontinence:** People experience accidental leaking on the way to the bathroom, even without an intense urge to urinate.
- **Urinary frequency:** Some people feel the need to empty their bladder frequently throughout the day and night.

Incontinence affects twice as many women as men due to pregnancy, childbirth, and menopause. Fortunately, there are many treatments for urinary incontinence.

How a physical therapist treats urinary incontinence

If you come to see our physical therapists for urinary incontinence, we will take you through a thorough physical examination and comprehensive patient history.

Your physical therapist can then develop a customized treatment plan to relieve your symptoms and address the suspected underlying causes to prevent recurring dysfunction based on the examination results.

Some of the common physical therapy treatments may include:

- Soft tissue mobilization and massage of internal and external pelvic musculature to relieve muscle tension and provide pain relief
- Spinal and sacroiliac joint manipulations reset the neurological pathway, relieve pain, and restore normal spinal alignment.
- Electrical stimulation modalities can provide pain relief and restore normal neuromuscular activation of pelvic floor muscles and nerves.
- Therapeutic exercises to restore the normal strength and endurance of stabilizing pelvic floor muscles and muscles in the low back and hips. The research has shown that pelvic floor muscle training should be the first-line treatment for the management of urinary incontinence.

No matter the type of incontinence, we can help. Our physical therapists are highly skilled in evaluating and treating various musculoskeletal and neurological conditions affecting the pelvic floor and bladder function. We will use whatever strategy we can to help you resolve your incontinence and get back to living worry-free!

Call today to schedule an appointment

Are you frustrated and concerned about incontinence? Consult with our physical therapists today. At Achieve Therapy, our physical therapists can help you resolve your condition once and for all!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5418583/8> • https://www.cochrane.org/CD005654/INCONT_pelvic-floor-muscle-training-urinary-incontinence-women • <https://aptapelvichealth.org/2019/10/25/urinary-incontinence-causes-symptoms-physical-therapy-treatment/> • <https://www.womenshealth.gov/a-z-topics/urinary-incontinence>



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Yummy Recipe: Tofu Banh Mi

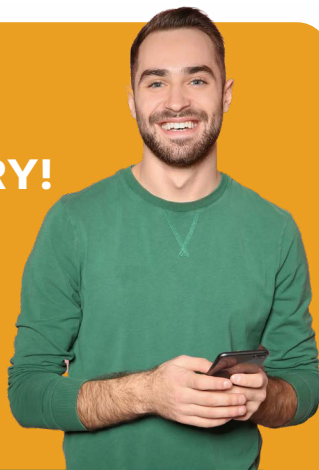
Ingredients:

- 1 (14-oz) block extra-firm tofu, sliced into 8 slabs
- 1 small carrot, julienned
- 1 small daikon, julienned
- 1/2 small red onion, sliced
- 1 c. rice wine vinegar
- 3 tbsp. maple syrup
- 2 tsp. kosher salt
- 1/4 c. vegan mayonnaise
- 1 tbsp. Sriracha
- 1/4 c. low-sodium soy sauce
- 2 tbsp. sesame oil
- 2 tbsp. maple syrup
- 3 cloves garlic, peeled
- 3 -in lemongrass, chopped
- 1/2 -inch piece fresh ginger
- 1/3 c. fresh cilantro, chopped
- 3/4 tsp. kosher salt
- 1/2 tsp. black pepper
- 2 tbsp. vegetable oil
- 1 baguette, halved lengthwise and cut into 4 equal portions
- 2 c. cilantro
- 1 c. basil leaves
- 1 small cucumber, sliced
- 2 jalapeños, thinly sliced

Directions: Line a baking sheet with a clean kitchen towel folded in half. Lay tofu slices in a single layer. Cover with another clean kitchen towel and a baking sheet. Place a heavy pot on top to press out as much liquid as possible. In a medium bowl, combine carrot, daikon, red onion, rice wine vinegar, maple syrup, and salt. Stir until salt is dissolved, then press vegetables down to submerge in pickling liquid as much as possible. In a small bowl, combine mayo and Sriracha. In a blender, blend soy sauce, sesame oil, maple syrup, garlic, lemongrass, ginger, cilantro, salt, and black pepper until smooth. Transfer dried tofu to a large plate. Pour marinade over tofu and turn to coat. Set aside two minutes. In a large skillet over medium heat, heat oil until shimmering. Gently shake marinade off tofu. Cook tofu until browned, about 3 minutes per side. Transfer tofu back into marinade for at least 10 minutes. Spread baguettes with spicy mayo. Top with tofu, cilantro, basil, pickled vegetables (shaking off pickling liquid first), cucumber, and jalapeños.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review of our clinic. Sharing your experience can help us help more people in the community. We look forward to hearing from you!



[CLICK HERE TO LEAVE YOUR REVIEW](#)

Personal Training At Columbia

Thank you for your interest in personal training with Achieve Therapy and Fitness! We strive to provide a continuation of care to get you back to your best life possible. Our personal trainers have open dialogue with your Achieve physical therapist to ensure that you continue to build upon the progress you have been making. Whether you need detailed instructions on proper form or you want the accountability to keep consistent with your exercises, we are dedicated to helping you succeed in your fitness and mobility goals!

Visit us at our Columbia location for a tour of the gym or simply sign up for a package at the front desk at any of our locations!

You will receive a \$50 gift card to put towards your first package if you sign up within 30 days of discharge from your physical therapist. We hope to see you soon!

Personal Training Rates

	Single	Duo	Trio	Quad
5 30 Min Session	\$30	\$27	\$26	\$24
5 60 Min Session	\$60	\$54	\$51	\$48
5 30 Min Sessions	\$135	\$122	\$115	\$108
5 60 Min Sessions	\$270	\$243	\$230	\$216
10 30 Min Sessions	\$240	\$216	\$204	\$192
10 60 Min Sessions	\$480	\$432	\$408	\$384



Get Started At Columbia Today!

701.409.1614



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FREE WORKSHOPS

PARK RAPIDS (AT PARK RAPIDS LIBRARY):

June 11th 2024 | 5:30 PM | Rotator Cuff

July 2024 | 5:30 PM | Laser appointments & free screen

August 13th 2024 | 5:30 PM | Neck Pain

GRAND FORKS:

May 14th 2024 | 5:30 PM | Pelvic Floor

June 4th 2024 | 5:30 PM | Rotator Cuff

June 25th 2024 | 5:30 PM | Pelvic Floor

July 16th 2024 | 5:30 PM | Hip Pain

August 20th 2024 | 5:30 PM | Pelvic Floor (Kelly Pratt NP)

[CLICK HERE TO REGISTER!](#)

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JOURNEY
YOUR
CHOICE

ACHIEVE THERAPY

LEARN MORE ABOUT DIRECT
ACCESS AT [ACHIEVE-THERAPY.COM](https://achieve-therapy.com)

Staff Member Of The Month Nicole Chine (MPT, OCS)



Nicole graduated from Baylor University with a master's degree in Physical Therapy. Before her returning back to her home state of North Dakota in 2006, Nicole served in the US Army as a physical therapist. She has over 15 years as an outpatient physical therapist in orthopedic settings. She is board certified as an Orthopedic Clinical Specialist through the American Board of Physical Therapy Specialties. She has pursued various training over the years including certifications in ASTYM, dry needling, and blood flow restriction training. In addition to her clinic practice, Nicole also provides consulting work to area businesses for ergonomic improvements and employee training including consulting with local employers for the ND WSI Ergonomic Initiative Program.

Most recently she has pursued her passion in women's health to treat incontinence, organ prolapse, and pelvic pain conditions. She's also certified as a pregnancy and postpartum exercise specialist. Nicole believes therapy is more than just hands-on treatment, but through education and awareness empowers patients to encourage an active role in their therapy for their greatest success. When not in the clinic she enjoys spending time with her husband, Nol, and their two children.

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