

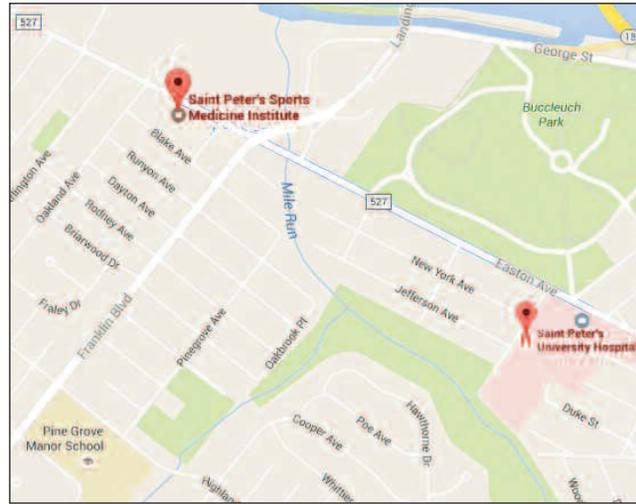
**Meredith Rassam, PT, MSPT**, a graduate of Northeastern University where she received a degree in physical therapy, has worked in outpatient orthopedics for 12 years. She has worked with athletes from a recreational to a professional level. Recently, she started working more with the pregnant population, which led to working with patients with postpartum pain. Looking more into the causes of pain, she understood the importance of the pelvic floor and took specialty courses in this area. She hopes to help women gain back confidence and return to activities they have stopped or avoided because of their personal issues with pain or incontinence.



**Ann Hays, PT**, is a graduate of New York University where she received her degree in Physical Therapy. Her clinical experience includes acute care, outpatient orthopedics, home care therapy and short term rehabilitation as well as experience in management and program development. She was instrumental in developing the student affiliation program at Saint Peter's University Hospital and is a credentialed Clinical Instructor.



For the past nine years Ann has evaluated and treated patients with pelvic pain and incontinence issues using manual techniques, myofascial release, education and surface electromyography (EMG) biofeedback. She is currently working on her Certificate of Achievement in Pelvic Floor (CAPP-pelvic) from the American Physical Therapy Association (APTA). Ann is also a Certified Ergonomics Assessment Specialist (CEAS), providing individualized Back School sessions and worksite analyses.



Services available at two locations:

**SAINT PETER'S SPORTS MEDICINE INSTITUTE**

562 Easton Avenue  
Somerset, NJ 08873  
732.565.5455

[www.saintpetershcs.com/SportsMed](http://www.saintpetershcs.com/SportsMed)

**PHYSICAL MEDICINE AND REHABILITATION DEPARTMENT**

254 Easton Avenue  
New Brunswick, NJ 08901  
732.745.8570

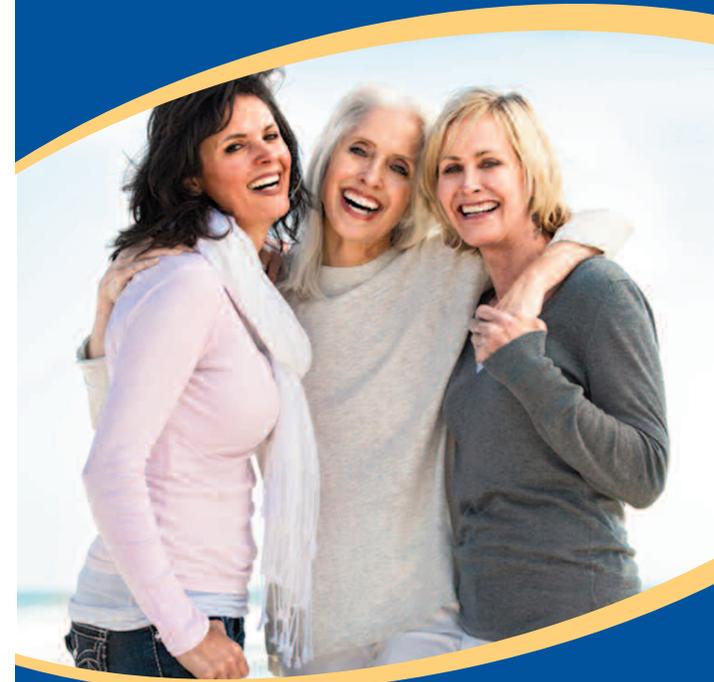
[www.saintpetershcs.com](http://www.saintpetershcs.com)



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Catholic hospital sponsored by the Diocese of Metuchen ■ State-designated children's hospital and regional perinatal center  
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# Do You Experience Urinary Incontinence?



A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

## What is Urinary Incontinence?

By definition Urinary Incontinence (UI) is the involuntary loss of urine.

There are two types:

- Stress Incontinence is the loss of urine with coughing, sneezing, laughing
- Urge Incontinence is the sudden urge to go to the bathroom followed by involuntary loss of urine
- It is also possible to have a combination of both stress and urge incontinence.

## You are not alone!

- Twenty-five percent of young women
- Forty-four to 57% of middle-aged women and postmenopausal women
- Seventy-five percent of older women in nursing homes

## What can physical therapy do?

- Improve bladder control
- Review your possible triggers and provide strategies to eliminate them
- Correct orthopedic malalignments
- Decrease soft tissue restrictions and increase strength
- Improve quality of life
- Help you to return to a more active lifestyle



## What can I expect during my physical therapy visit?

During an hour-long initial visit, we will review your complaints and determine your treatment options, which may include:

- Education – Use of a bladder log to assess your level of incontinence and frequency
- Surface EMG (sEMG)– This painless intervention measures coordination, contraction ability, relaxation and isolation of your pelvic floor muscles.
- Biofeedback – Used with the sEMG, this intervention provides auditory and visual cues to assist you with your exercises while strengthening your pelvic floor.
- Individualized exercise program based on the initial findings of your visit.
- Manual Techniques – for relaxation, myofascial release, scar massage, stretching, trigger point release and soft tissue techniques may be used based on initial findings.

## How to get started:

Talk to your physician. He/she can give you a prescription for urinary incontinence, and then give us a call.

Please call **732-745-8570** for the Main Hospital or **732-565-5455** for the Sports Medicine Institute to schedule an appointment.

Appointments are available 7:30 am to 6:00 pm, Monday through Friday.