Learning Objectives

MedBridge

Bladder Control: Stress Incontinence and Pelvic Floor Muscle Training
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Course Objectives:

- Explain the diagnosis of stress incontinence and discuss implications for musculoskeletal function
- Explain the neuromotor relationship between the bladder and the pelvic floor muscles
- Prescribe pelvic floor muscle training exercise program and explain rationale

Chapter 1: Scope of Bladder Control Problems
This chapter will discuss the scope of bladder control problems and introduce a standard outcome measure that can be used to identify them in adults.

Chapter 2: Stress Incontinence (Activity Related Incontinence)
This Chapter will explain the etiology of stress urinary incontinence, and differentiate stress urinary incontinence from other forms of incontinence.

Chapter 3: Functional Anatomy of the Pelvic Floor
This Chapter will explain the anatomy and physiology of the lower urinary tract and the pelvic floor.

Chapter 4: Pelvic Floor Rehabilitation
This Chapter will explain the exercise physiology of pelvic floor muscle training and its application to bladder control problems.

Chapter 5: Case Study
This Chapter will describe a case study and outcomes of an elder woman experiencing stress UI.