

New Service Offered at Regional Health Services

Jennessa Luzum, Occupational Therapist at Regional Health Services of Howard County, has completed specialized training for pelvic floor dysfunctions/female urinary incontinence. Statistics show that 1 in 4 women over the age of 18 have experienced some episodes of involuntary leaking.

Urinary incontinence can be a big nuisance and can happen for a number of reasons:

- Stress incontinence is the loss of urine with physical exertion or activity, coughing, sneezing, laughing, or even just changing your position.
- Urge incontinence is the loss of a large amount of urine with very short warning and can be caused by environmental triggers.
- Urinary frequency or overactive bladder is increased frequency of urination with increased urgency.
- Incontinence can also be as a mixture of all of the above or maybe just occur during the night.



Jennessa Luzum, OTR/L

Pelvic floor dysfunction can include painful urination, difficulty in initiating urination, unable to stop urine flow, unable to fully empty bladder, incontinence, pelvic pain, and excessive pelvic floor tone, scar tissue and muscle dysfunction.

There is help available. Treatment is individualized for each patient. Generally patients will be seen one time per week for 4-6 weeks, but will be adjusted per each patient as needed. To receive therapy services for urinary incontinence, talk to your healthcare provider or call the Rehabilitation Department at 563-547-2101 for more information.



235 8th Avenue West
Cresco, IA 52136
(563) 547-2101
www.rhshc.com