



Aurora is here to heal

Joanna received her training in pelvic floor dysfunction at the Herman Wallace Institute at the John Hopkins Bayview Medical Center in Baltimore, Maryland.

She brings 16 years experience treating women with pelvic floor dysfunction. Joanna has been successful in resolving the full range of women's pelvic floor issues (i.e. incontinence, constipation, prolapse, bladder urge and frequency, and pelvic pain.)

Contact Us

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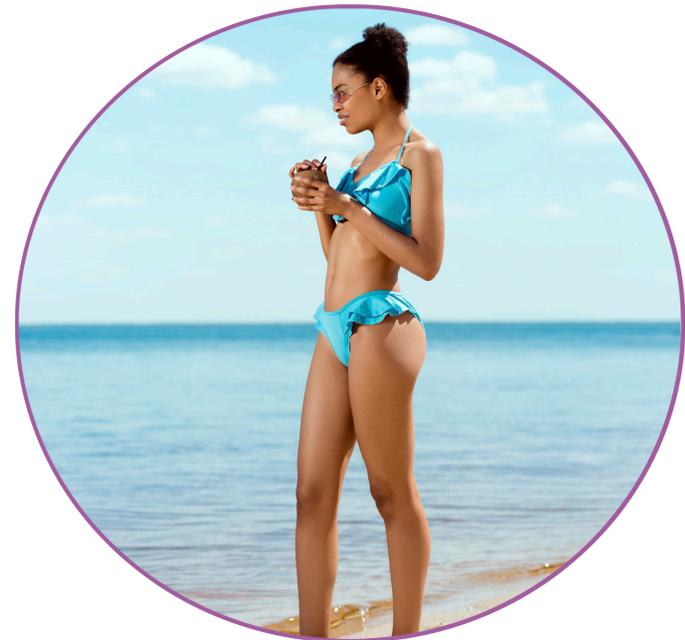
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Pelvic Floor Solutions for WOMEN

- Stress Urinary Incontinence
- Bladder Urgency and Frequency
 - Prolapse
- Chronic Pelvic Pain
 - Painful Sex
- Bowel Incontinence
 - Constipation



Aurora[♂]
Centre_♀

Pelvic Solutions | Personalised Care



Understanding Urinary Incontinence

Urinary Incontinence (Urinary Leakage) is the involuntary loss of urine. Regardless of age, urinary leakage can affect mothers, young women who have never had children, but participate in high impact sports such as running, gymnastics and basketball.

Note: Many women mistakenly believe that limiting fluid intake can cure incontinence.

Urine Loss Occurrences

- Coughing & sneezing when lifting heavy weights in the gym
- When moving from sitting to standing, or quickly walking up steps
- Experiencing urge to urinate and not making it to the bathroom

Additional Triggers

- Bladder Infections, muscle spasms and weak pelvic floor muscles can also cause incontinence.

Getting Started

An appropriate diagnosis from your doctor is the first step. Following that, public health guideline recommends behavioral or physical therapy as the first choices for incontinence treatment.

Personalized Care

At the Aurora Centre, a physical therapist will conduct an assessment to determine all your pelvic floor issues including the strength of your pelvic floor muscles. Based on the findings, an appropriate treatment will be prescribed for your individual needs.

According to the World Health Organization, 1 in 7 women globally suffer from stress incontinence



Treatment Techniques include:

- 🌸 **Biofeedback Training** A useful and non-invasive adjunct to surgery with no side effects.
- 🌸 **Health Education** Learning about bladder health, pelvic floor muscles and normal emptying techniques
- 🌸 **Bladder retraining / Behavior modification**
- 🌸 **Proper body mechanics & lifting techniques**
- 🌸 **Dietary Changes** to avoid bladder irritants
- 🌸 **Kegels Exercises** Under the supervision of our therapist you will learn how to perform exercises correctly to effectively strengthen the pelvic floor muscles which help reduce incontinence symptoms.