

Resources for Physiotherapists Treating Urinary Incontinence

There are many organizations and locations to access resources and many are free.

International Continence Society <http://www.icsoffice.org/> - Has a wealth of information and support. As a member you will receive a high quality peer reviewed journal with state-of-the-art research in the field of pelvic dysfunction “Neurourology and Urodynamics”. Yearly meeting also provide a great deal of up-to-date information and opportunities to learn. The web site has many resources including 4 on line courses. These are available free of charge to members and provide a great wealth of information. The International Continence Society Physiotherapy Committee wants to support PTs around the world in offering skilled treatment for dysfunction of the pelvic floor and pelvis.

National Association for Continence <http://www.nafc.org/> – NAFC is a wonderful organization supporting the education of patients and professionals. There is an entire section of the web site in Spanish and they do have Spanish flyers. They have also created a published many YouTube videos. Some are quite good. You should view them before suggesting them to patients.

Pelvic Physiotherapy Blog - www.pelvicpt.blogspot.com - Join and receive periodic reviews of new research, products, books and conference summaries. Post a comment or question.

Beth Shelly Web site - www.bethshelly.com – I have posted a number of resources including: Pelvic floor exercise audio files, clinic notes – Word templates, fully modifiable, patient education handouts, professional articles, and more. English and Spanish versions of all handouts for this meeting are available on the home page.

Physioeduca - <http://www.physioeduca.com/> - Educational courses offered in South America. We are currently considering a two day course on the conservative management of adult urinary incontinence. Please place your name on the signup sheet or email Beth directly so we will inform you of course opportunities as they become available.
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Pub Med - <http://www.ncbi.nlm.nih.gov/pubmed> - Just did a quick search with “pelvic floor muscle exercises” and came up with 715 documents – 73 free full text. Some are are very old but the majority are very good papers published by good researchers in reputable journals.

ttmed Urology – Timely Topics in Medicine <http://www.ttmed.com/urology/> – This free resource posts current research in urology. Only about 25% of the site is applicable to PT (most is about cancer, meds, and surgery). This site also posts recent American Urological Association and ICS (and many more) web casts – for free – you do not need to be a conference attendee or a member. Most recent AUA meeting is now available. You could spend hours on the site.

Please keep learning and keep in touch with others providing these services.