

What can physical therapy do for the following:

- **Anal Incontinence?** Education and training in proper habits (diet, toilet positioning and use of muscles for control of bowel movements or gas). Individualized pelvic floor exercise instruction based on assessment of your muscles is provided. Treatment can include biofeedback, a progressive exercise program and/or pelvic muscle electrical stimulation to retrain the muscles for essential control and support of the internal organs.