



## You don't have to "learn to live with it"

Do you leak urine when you cough, sneeze, laugh or run?

Do you know where the bathrooms are at all your favorite stores?

Do you go more than once every 2 hours during the day or more than once in the middle of the night?

Did you know 50-70% of females do Kegels (pelvic floor contractions) incorrectly which can worsen your problem?

**There is a SOLUTION at ProRehab:**

**80% of women can improve with Physical Therapy that focuses on strength & healthy bladder habits\***

**Regain Control of Your Life Today:**

**Call ProRehab & ask to be scheduled with our Pelvic Floor Rehab Therapist: 866-885-9691**



[www.prorehab-pc.com](http://www.prorehab-pc.com)

\*American Journal of Obstetrics and Gynecology by Bump, R