



Regaining Bladder Control: For Incontinence on Exertion or Following Pelvic Surgery

Eileen Montgomery

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This booklet is for those suffering from exertion or 'stress' incontinence. It describes a new approach based on a planned series of exercises aimed at restoring the bladder. The anatomical causes of this type of incontinence are clearly explained and illustrated. There is no substitute for the self-discipline of exercises, but the book also deals with two other important points: correct breathing and balanced diet which will not lead to constipation or to being overweight. There is also a section on preparations for counteracting the incontinence that may result from pelvic surgery. Doctors and physiotherapists will be able to recommend this booklet to their patients.

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