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Don't Make Me Laugh: A Guide to Self Management of Urinary Incontinence

Hillary Blumberg

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Don't Make Me Laugh: A Guide to Self Management of Urinary Incontinence

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Don't Make Me Laugh: A Guide to Self Management of Urinary Incontinence Hillary Blumberg Having problems with urgency or leaking, or both? This guide, written by a specialty trained Women's Health Physical Therapist, describes common urinary incontinence issues and non-surgical ways to treat them. Urinary incontinence is something that can be treated and responds well to strengthening and retraining. Follow the techniques inside to eliminate your incontinence issues.

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