



# Incontinence Prevention Package

The Incontinence Prevention Package is a unique offering that has the tools to create a true incontinence prevention program. In the US, Incontinence affects approximately 45% of all woman, and is highest (55%) in women 80-90 yrs of age. Incontinence also affects 3.4 million men over the age of 60.

Incontinence is one of the largest single costs in senior housing communities. In 2000 it was estimated that Incontinence cost the US an estimated \$19.5 billion dollars, and that figure is steadily rising. Incontinence is not only a big financial burden, it also directly impacts a resident's quality of life.

The first step in maintaining continence is to maintain the resident's functional abilities. The HUR Strength Equipment allows you to implement effective exercise and continence programs to improve your resident's quality of life and signigicantly lower your operating expenses.

Lower extremity and pelvic strength training exercises have been proven to reduce incontinence incidents by more than 50%. This specialized package includes 4 HUR Air-Resistance strength machines that target those muscles responsible for continence. There are 3 dual function machines and 1 single function machine. Together these 4 machines allow for a total of seven exercises: Leg Press, Leg Extension, Leg Curl, Hip Abduction, Hip Adduction, Abdominal Flexion, Back Extension.

Improvements should be seen after 4 weeks of regular exercise. Effectively implemented exercise programs can reduce more than 50% in urine-loss episodes. Pair that with the correct prevention programs and significant gains will be noticed.

HUR Health & Fitness is a global leader on issues that surround seniors and senior care facilities. For more information on how to control incontinence feel free to contact us.

HUR Health & Fitness Equipment - 1500 Shermer Rd., Northbrook IL, 60062  
847.729.2636 office 847.509.4500 fax www.HURUSA.com



Dual Function  
Abduction / Adduction



Leg Press



Dual Function  
Leg Extension / Leg Curl



Dual Function  
Abdomen / Back