



Advance Praise for *The Bathroom Key: Put an End to Incontinence*

“Urinary incontinence is a silent epidemic among women. *The Bathroom Key* is the solution—pure and simple. I highly recommend this book and the program within!”

—**CHRISTIANE NORTHRUP, MD, OB/GYN, physician, and author of *The New York Times* bestsellers: “*Women's Bodies, Women's Wisdom*” and “*The Wisdom of Menopause*”**

“Arnold Henry Kegel, MD, FACS, was my father and he made a substantial contribution in the field of medicine during his lifetime. Kegel exercises bear his name. His original work immeasurably improved the lives of women suffering from incontinence. The advanced techniques presented in this book work even better today—to eliminate incontinence once and for all...”

—**Robert Arnold Kegel, Esq.**

“This is a book for every mother, daughter and girlfriend. Kim and Kathryn describe not only their journey, but the journey of many real women. The information is understandable, and more importantly, applicable to every woman at every stage of her life.”

—**Sarah Haag, PT, DPT, MS, WCS, Chicago, IL**

“Authors Kassai and Perelli instill confidence that control over the bladder is achievable and resides within each of us. Hooray to both authors for putting into context the essential role played by physical therapy. They have assembled a no-nonsense, unbeatable set of guidelines and instructions for achieving not only continence but reclaiming one’s entire pelvic health.”

— **Nancy Muller, PhD, Executive Director, National Association for Continence**

“It is an amazing truth that most incontinent woman can become dry without surgery and without medicines. Pelvic floor muscle therapy and biofeedback, as described in this book, has become a powerfully effective standard tool in the fight against bladder dysfunction. As a Urologist, I love it when my incontinent patients become dry; when they can sleep through the night without getting up to urinate; when they don’t have to know where every bathroom in the mall is before they can go shopping. This fabulous book reveals the physical therapy methods that can give people—with all sorts of bladder problems—their lives back. Read this book and it might just change your life.”

— **Fredrick N. Wolk, MD, Diplomat of the American Board of Urology**

“*The Bathroom Key* is a wonderful resource for any woman with symptoms of urinary incontinence, pelvic prolapse, or issues of pelvic pain and discomfort with sexual activity. Kathryn and Kim do a great

job describing why women may have these symptoms and discussing the various treatment options. I love the way they use real patients as examples throughout the book and explain everything in plain language without confusing the reader with medical terms that can be hard to understand.”

— **David A. Ginsberg, MD, Associate Professor of Clinical Urology, USC Institute of Urology, Keck School of Medicine**

“*The Bathroom Key* is a must-read for anyone over 20. It takes an embarrassing problem and turns it in to a controllable situation.”

— **Pamela J. Rizzo, Publisher, *The Women’s Journal***

“I have been in Gynecological practice for 24 years and I have never seen a “compendium” on urinary incontinence for patients and physicians alike. What a service for millions of our patients who can use this information and seek treatment without embarrassment and shame. Thanks to Kathryn and Kim, incontinence is no longer a ‘closet’ medical issue. I plan to recommend this book to my patients.”

— **Cecelia M. Hann, MD, Gynecologist, Santa Clarita, CA**

“This book is a fantastic resource with great information and real techniques for patients and professionals alike.”

— **Isa Herrera, MSPT, CSCS, Author of “*Ending Female Pain: A Woman’s Manual*” and Owner of *Renew Physical Therapy Healing Center, New York City***

“*The Bathroom Key* is an essential book that all sufferers of urinary and/or fecal incontinence should own. It offers easy-to-follow exercises to reduce or eliminate pelvic floor weakness and pelvic floor dysfunction. Musculoskeletal causes of pelvic floor dysfunction are commonly misdiagnosed, and this book will give you clarification and lead you toward a proper diagnosis and treatment. I highly recommend this book and believe that it should be on the bookshelves of all OB/GYN and urological physicians!”

— **Amy Stein, MPT, BCB-PMD, Board Member of the International Pelvic Pain Society, Author of “*Heal Pelvic Pain: A Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, IBS, and Other Symptoms Without Surgery*” and Owner of *Beyond Basics Physical Therapy, New York City***

“Specific and readable—this timely pelvic health book is prime for the masses! Kathryn and Kim capture, with passion, the essence of why we do what we do as women’s health physical therapists.”

— **Jennifer Klestinski, PT, MPT, OCS, WCS, CSCS, BCB-PMD, Owner of *CoreActive Therapy, LLC, Madison, WI***

“*The Bathroom Key* is a complete review of female pelvic health. Topics span incontinence, pelvic pain, and the mind-body connections. You’ll get samples of exercise programs, practical behavioral tips, and techniques to eliminate symptoms. A great read to start you on your recovery journey.”

— **Kathe Wallace, PT, BCB-PMD, International speaker, Consultant, Trainer, and Instructor in all aspects of physical therapy pelvic floor rehabilitation; Private Practice, Seattle, WA; Co-Founder of *Herman and Wallace Pelvic Rehabilitation Institute***

“This is a must-read book if you are a woman experiencing incontinence, frequent urinary tract infections, chronic pelvic pain, or pelvic organ prolapse. In clear, user-friendly language, with humor and inspiration, the authors give you the information and resources you need to vastly improve the quality of your life—a transformation I have seen occur in my patients treated by Kathryn. I urge you to read *The Bathroom Key*.”

—**Joel Holtz, MD, Family Physician, Rancho Palos Verdes, CA**

“At last, a book that explains the shifting paradigm in the understanding of overactive bladder and incontinence and—just as Kathryn and Kim do with their patients—gives the power of urinary control back to the patient. A well-structured and thoughtful work, *The Bathroom Key* unlocks the secrets to putting YOU in charge of your bladder, instead of vice versa. If you suffer from overactive bladder, urgency, prolapse, or any form of incontinence, this is a must-read.”

—**Timothy Lesser, MD, Urologist, Torrance, CA**

“I rarely find a physical therapy book that holds my attention from the very first page and that motivates me to read cover to cover in a week. This book did it for me! It is like reading an exciting novel that you can’t wait to turn the page to find out what is going to happen next. It also takes you through an emotional journey by providing insights on what truly happens to our patients, in their attempts to create a semblance of normalcy despite their dysfunctions.

Tackling a subject that is considered ‘taboo’ across cultures, the collaborative writing of this book between a PT and a patient produced a product that is easy to read and that caters to patients, physicians, physical therapists, physical therapist assistants, and students. The authors transcended the concept of patient education to a new level in structuring the contents of the book and in their writing style. I wish that more therapists will take a cue from the authors and collaborate with their patients in writing textbooks to make them relatable and to ‘humanize’ the contents of their texts.

This book is truly a ‘gift,’ both to our profession and to our patients!”

—**Nelson Marquez, PT, EdD, Physical Therapy Editor, Today in PT Magazine, Director, Physical Therapist Assistant Program, Polk State College**