

INCONTINENCE PHYSIO

- Incontinence, or poor bladder or bowel control, is a condition commonly associated with pregnancy, childbirth, menopause or a range of chronic conditions such as asthma, diabetes or low back pain.
- Urinary incontinence affects twice as many women as men, due partly to the reproductive health events unique to women. However, despite how common the condition is, it can still be embarrassing for many women to discuss.
- We prescribe pelvic floor muscle exercises to strengthen your pelvic floor or improve how well these muscles work when you cough, for example. Some women may be given exercises to learn to relax their pelvic floor muscles if their problem relates to the pelvic floor muscles being too tight or tense.
- Bladder training strategies may be used if you often get an urgent or frequent need to go to the toilet. These strategies are used to help you gain back better control over your bladder habits.
- A bladder diary may be important if you have not done one already.
- We may advise you to modify the amount and type of fluid you drink or modify your diet and fibre intake can sometimes be recommended.
- We may review activities such as the type of exercise you do or reducing heavy lifting. In many cases these modifications will be temporary until you can get better control over your incontinence.