



WHAT IS STRESS URINARY INCONTINENCE

FACTS:

- More than 13 million people in the US have urinary incontinence
- Urine incontinence, or involuntary leakage of urine, is a common symptom that affects 1/4 women (Mayo Clinic, 2018). It affects 3-11% of all men.
- Could be due to PF weakness, damage, prolapse or tightness

WHAT WILL YOU DO IN PT?

- Track bladder habits
- Strengthen and/or relax PF muscles
- Assess the muscles of the pelvis, hips and lower back
- Improve coordination, strength and flexibility

REMINDER:

Be patient! It takes time & consistency to build coordination & strength

STRATEGIES TO PREVENT LEAKAGE:

- Whenever you feel like you need to cough/sneeze or are performing physical activity, make sure you maintain good posture with your rib cage stacked over your pelvis
- When exercising, exhale with exertion. ex: blow out when pressing up from a squat
 - BLOW BEFORE YOU GO
- The Knack:
 - Do a PF contraction before sneezing/coughing, lifting and going from sit to stand

WHAT CAN YOU DO TO HELP YOURSELF?

- Regular exercise, staying active. Maintaining whole body strength
- Drink at least 8 cups of water/day
 - Recommended is half your body weight in oz
- Stop drinking liquids 2 hours before bed
- Avoid bladder irritants, such as caffeine, carbonated drinks, alcohol and citrus fruits/juices
- Balanced diet
- Having regular bowel movements