



# WHAT IS URGE URINARY INCONTINENCE

## **FACTS:**

- Could be due to PF weakness or tightness

## **MOST COMMON SYMPTOMS:**

- Sudden, strong need to urinate. Often leak before reaching toilet
- "Just in case" voiding - strong urge when arriving home, on the way to locations
- Feel need to empty often during day
- Get up more than once during the night

## **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
- Create new habits. Retrain the brain and bladder

## **REMINDER:**

Be patient! It takes time & consistency to build habits.

## **STRATEGIES TO PREVENT LEAKAGE:**

1. Take deep breaths using diaphragmatic breathing. Focus on relaxing all your muscles
  2. Do some heel raises
  3. Do some PF Contractions (kegels)
  4. If none of these work, walk SLOWLY to the restroom. Try not to rush
- \*\*When you feel the urge go away, see if you can wait 1-2 minutes before going to the restroom. Work on increasing that duration each time

## **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