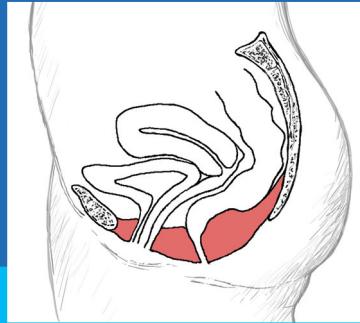




Types of bladder problems

- Stress Urinary Incontinence is when urine leaks from the bladder following a cough, sneeze, exercise or sexual intercourse.
- Urgency is an overwhelming urge to pass urine meaning you have to rush to get to the toilet in time.
- Urge Incontinence is when urine leaks from the bladder before reaching the toilet.



Pelvic Floor Muscles

Your Pelvic Floor Muscles work dynamically like a trampoline to provide support to your bladder, womb and rectum.

When you cough, sneeze or exercise, they automatically close the bladder outlet, stopping any urine loss.

They also help you hold on when the toilet is not near.

Strong pelvic floor muscles also improve your sex life.

When these muscles are weak, such as following childbirth or around the menopause, they may no longer be effective in closing the bladder outlet.

By training the pelvic floor muscles, your bladder problem will improve.

It may take 3 to 6 months of regular muscle training to see good results.

Finding your Pelvic Floor

- Lie, sit or stand comfortably.
- Focus on your back, middle and front passages. To squeeze the pelvic floor, close all three passages as if you are stopping the escape of wind or urine.
- As you squeeze, imagine the pelvic floor is an elevator moving up through the floors of your abdomen. Lift the muscle to the top floor and hold it there for as long as you can, up to 10 seconds.

Breathe normally as you hold. You may feel your lower abdomen gently draw in at the same time.

- Release the muscle completely, as if allowing the elevator to return to the basement, without forcing it or straining downwards.

Keep breathing normally all the time.

- Repeat this exercise until your muscle starts to tire, and cannot lift as strongly.
- As you progress, increase the length of the hold and the number of repetitions.
- Now try some fast strong squeezes, relaxing the muscle fully and immediately after each squeeze.

Repeat until you feel the muscle tiring.

- Aim to do this exercise three times a day if you can.