

physio



personal care  
for personal health

she

## Bladder problems

### What does it include?

Stress Urinary incontinence

Urge Urinary Incontinence

Overactive bladder or Frequency and urgency of urination, (that is voiding too frequently or voiding with an overwhelming urge)

Changes in urination following childbirth or surgery

Recurrent urinary infections

Difficult or painful urination or Painful bladder syndrome

### Usual presentation

It is normal to pass urine about 6-8 times within 24 hours if you are drinking a normal amount 1.5-2.0 litres. You drink more when you are pregnant and breast-feeding.

Symptoms include increased frequency of passing urine.

Leakage of urine at any time, or with any activity.

An overwhelming urge to pass urine at particular times, e.g. when arriving home or when turning on taps.

### What will SHE do?

SHE will complete a full assessment to determine your problems and create a personal management plan. You will learn techniques for passing urine and for delaying unwanted urinary urges.

You will learn muscle exercise for strength and endurance if necessary.

You will learn how to relax the pelvic floor if necessary.

You will learn how to prevent infections if necessary.

### What can I do before I see the women's health physio?

Do drink adequately.

Try not to pass urine just-in-case.

Note the times and activities that trigger a problem.

Respond to signs of urine infection. Get medical advice as soon as possible.

Be aware how some fluids and foods may effect your bladder –commonly coffee will increase urgency.

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