

Women's Health Physiotherapy

Welcome to:

Stress Urinary Incontinence

Education Class



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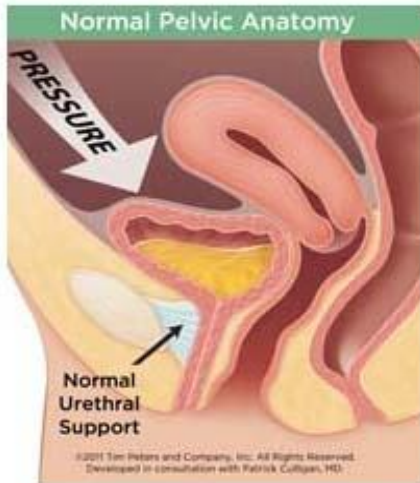
Aims



- What is stress incontinence
- What causes incontinence
- Understanding the pelvic floor - anatomy & function
- How the bladder works
- How can Physiotherapy help ?



What is stress urinary incontinence?



Stress urinary incontinence is loss or leakage of urine during raised intra-abdominal pressure:



- Coughing
- Sneezing
- Exercise



Can usually be prevented by squeezing the pelvic floor muscles - *IF* they are able



How common is it ?



- 43% of females aged between 16 and 65 have some degree of incontinence
- Stress urinary incontinence (48%)
- Urge urinary incontinence (17%)
- Mixed urinary incontinence (34%)
- 50% of women don't perform pelvic floor exercises correctly



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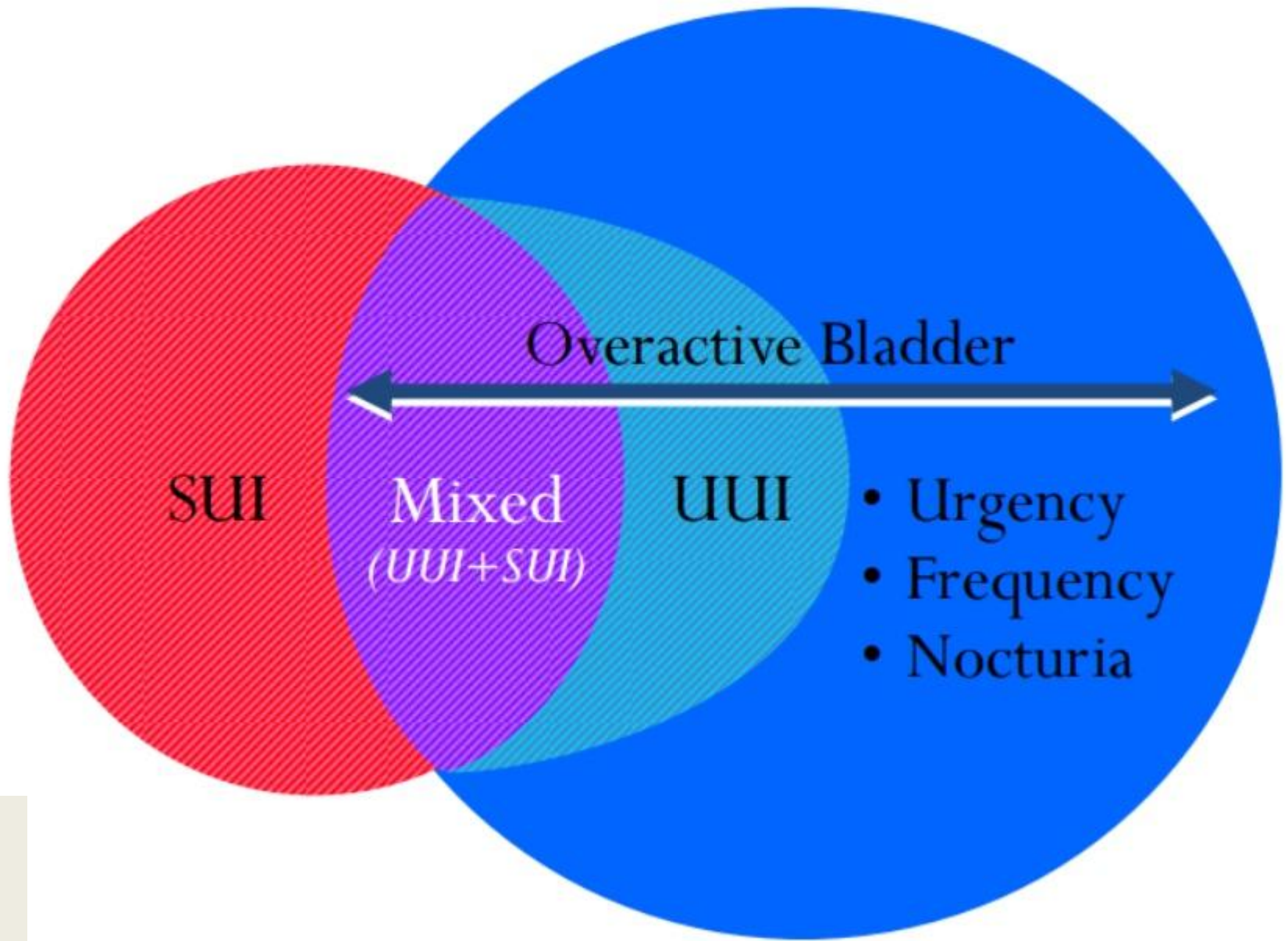
Other types of incontinence

- Urge incontinence
- Mixed incontinence
- Stool / faecal incontinence
- Wind / flatal incontinence



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SUI

Mixed
(UUI+SUI)

UUI

Overactive Bladder

- Urgency
- Frequency
- Nocturia

Coping strategies

It's normal to leak a little when you cough

It's good to stop my urine flow to test my muscles

I drink less before exercise to reduce the risk of leaking

'Oops' moments are something I should put up with

Straining after a wee ensures I fully empty my bladder

You can catch germs through sitting on public toilet seats

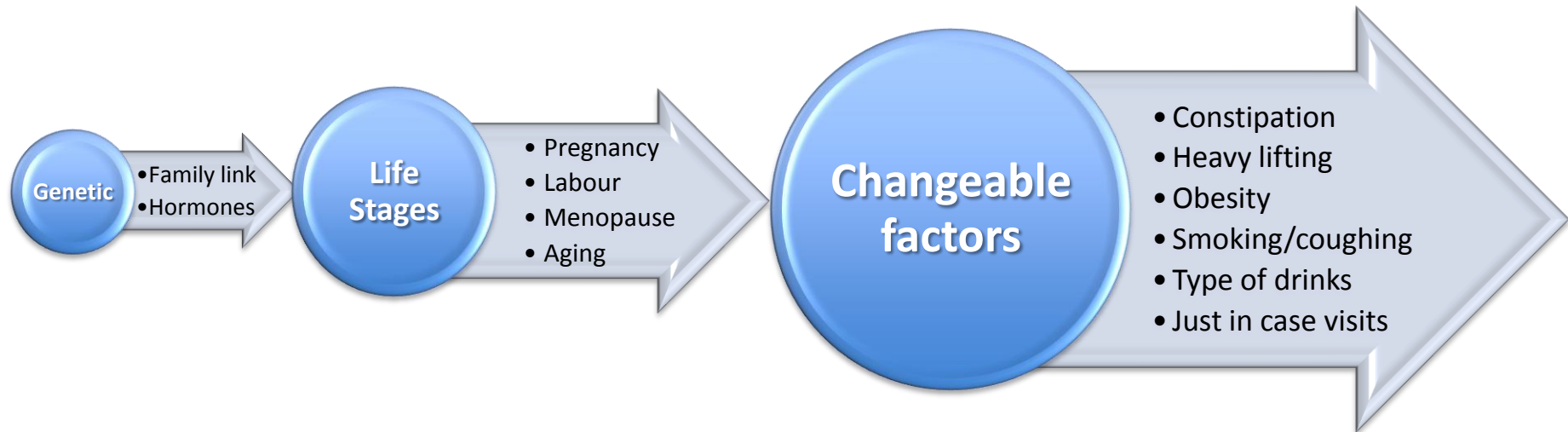
Drinking less means I wee less



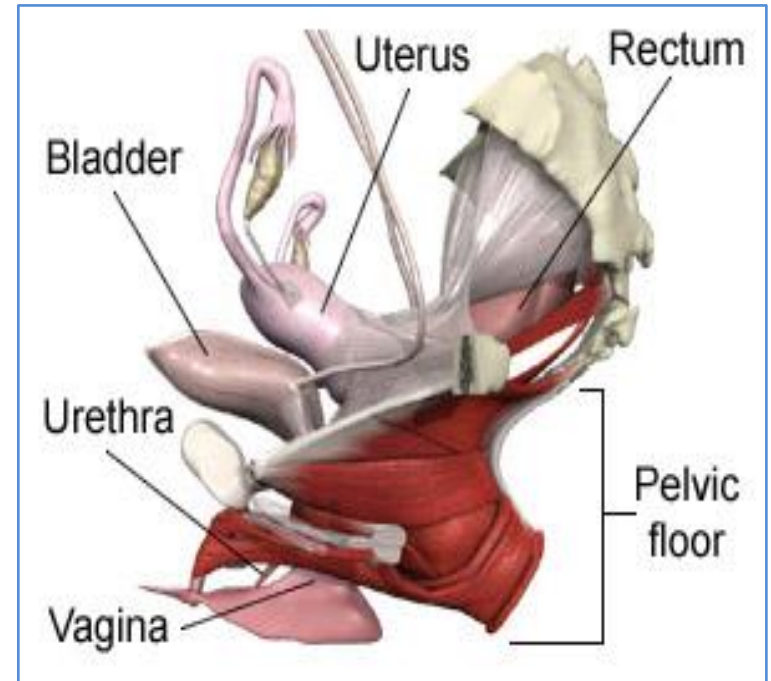
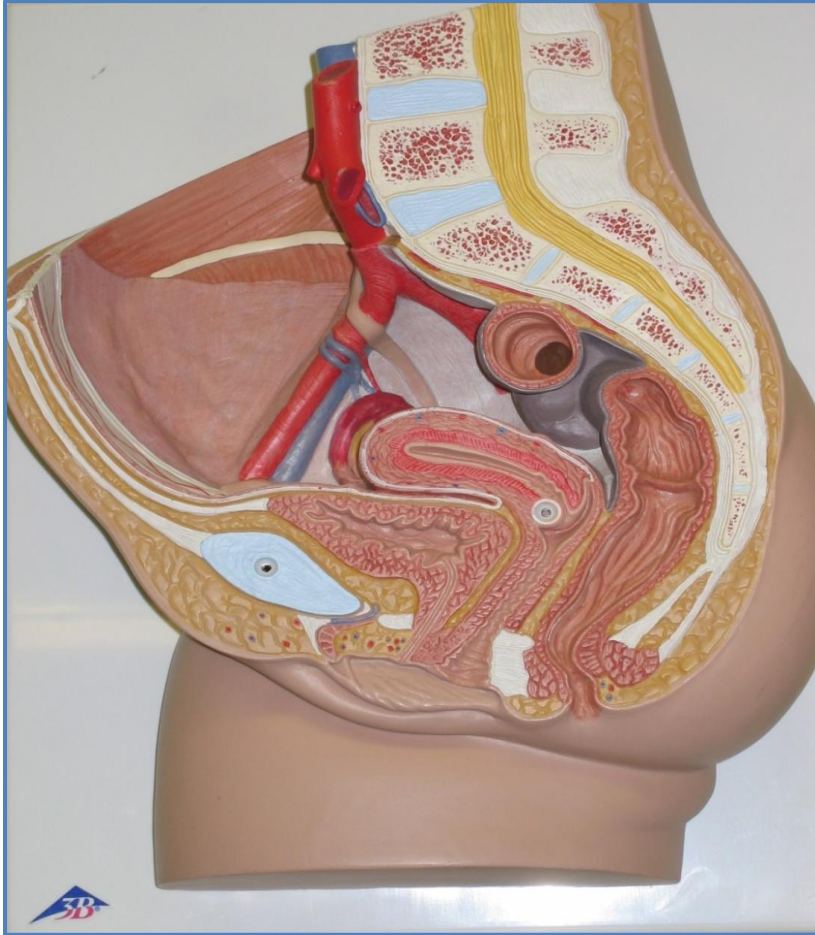
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What can cause incontinence ?



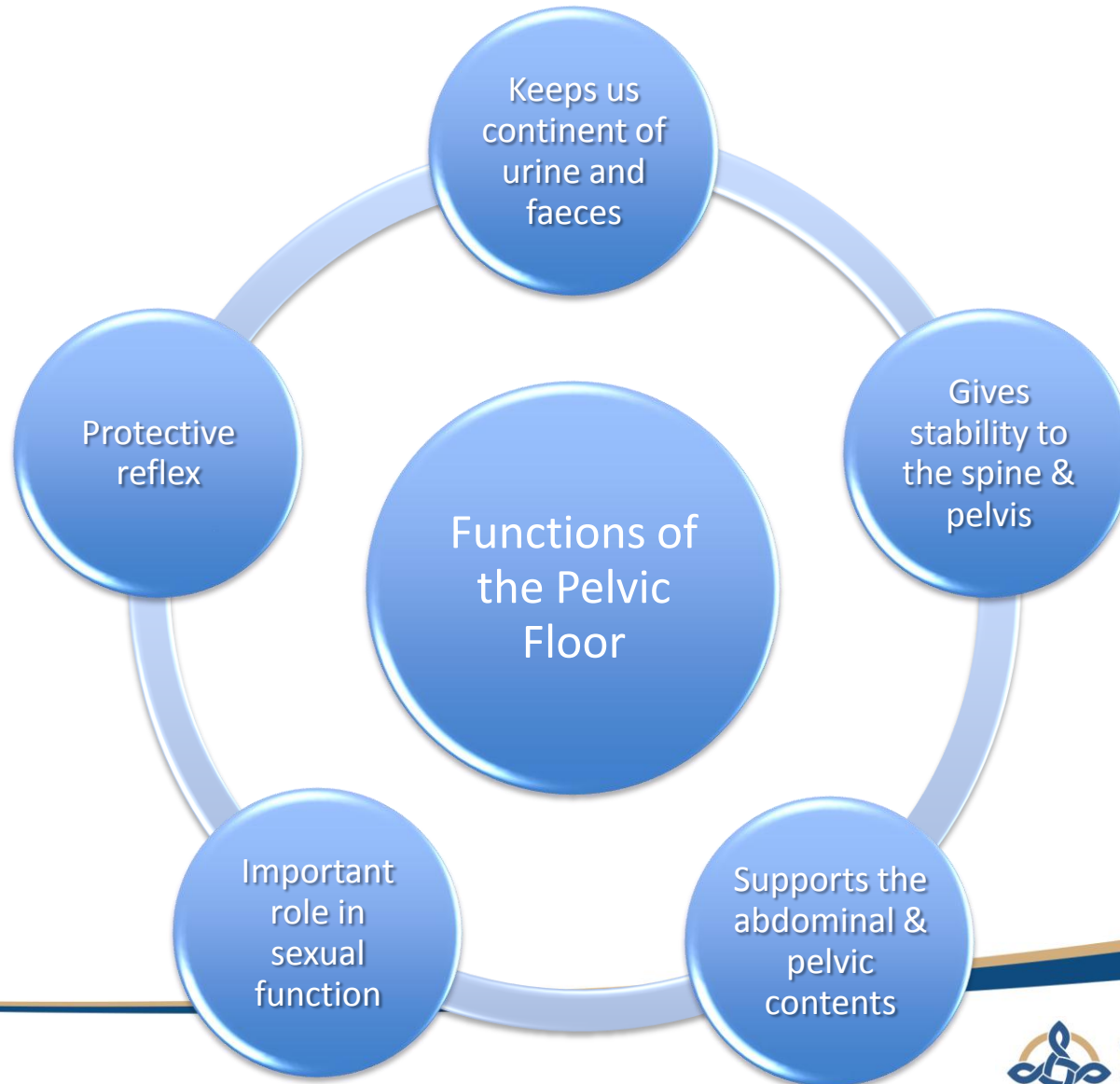
Pelvic anatomy



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Pelvic floor function



How to perform a pelvic floor muscle contraction

Tighten your back passage as if trying to stop wind

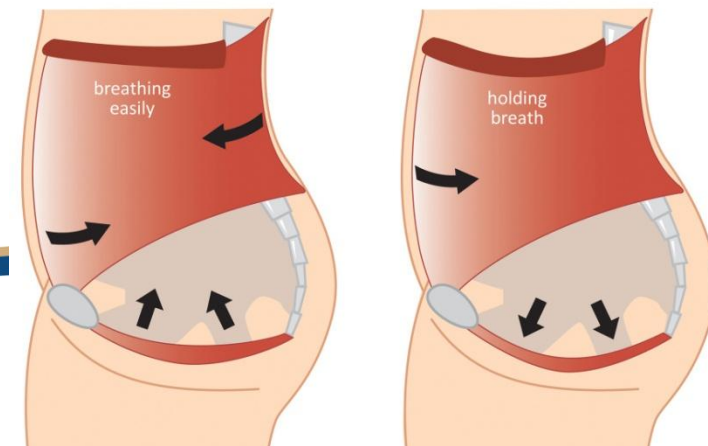
Also tighten the front as if to stop passing urine

The feeling should be a 'squeeze and lift'

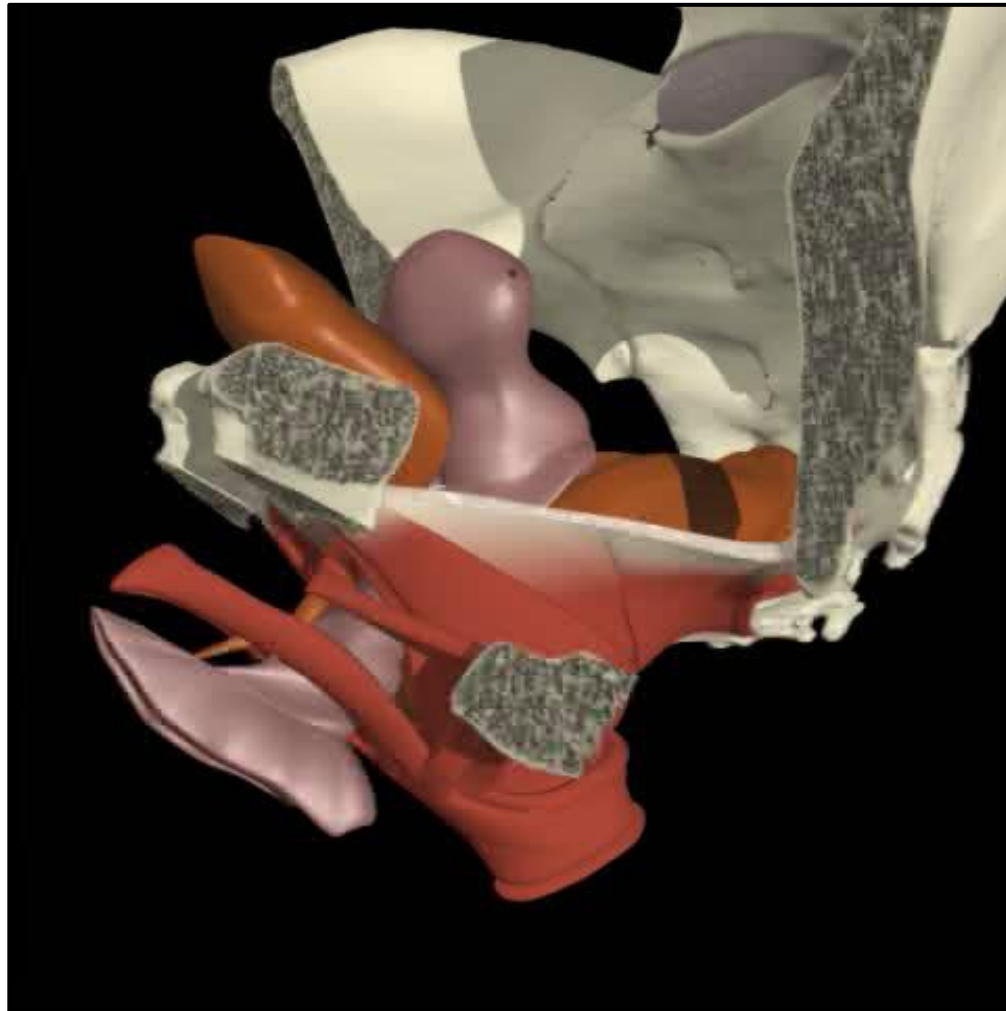
Aim for an up & forward direction

You may feel your abdomen tighten just above the pubic bone

PELVIC FLOOR MUSCLE CONTRACTION



Pelvic Floor movement



Two types of exercise



KNACK !

FAST

- Maximum contraction
- On/off like a switch
- Aim x 10

SLOW

- Gentle, gradual contraction
- Holding
- Aim 10secs x 10



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How to progress

- Start lying
- Try sitting
- Build up to standing
- Then with activity / exercise



Practice makes perfect



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Am I doing them correctly ?



50% of us do them incorrectly !

Avoid:

- Breathing in or holding your breath
- Pulling in tummy
- Squeezing legs together
- Clenching buttocks
- Bearing down



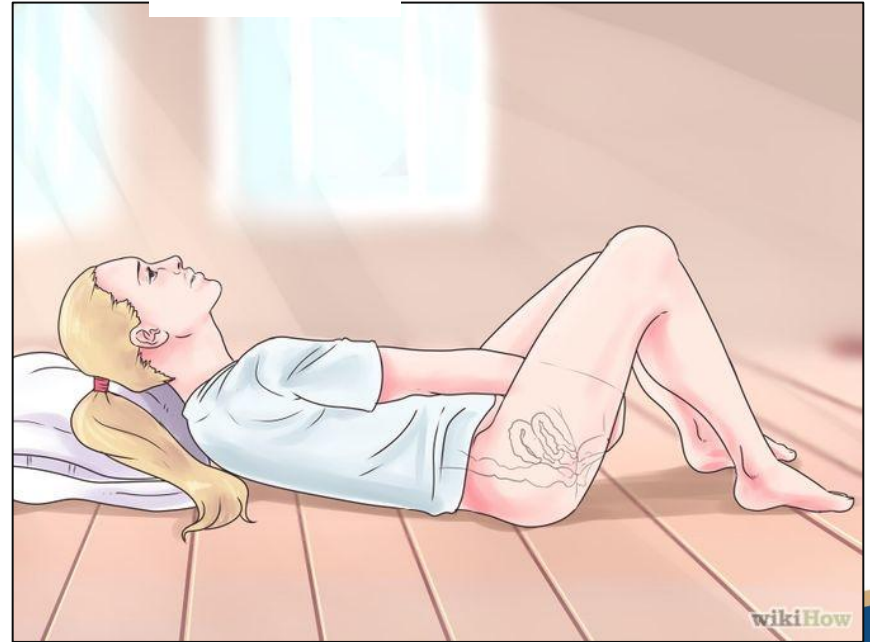
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Can I check myself ?



Do not test with a midstream stop !



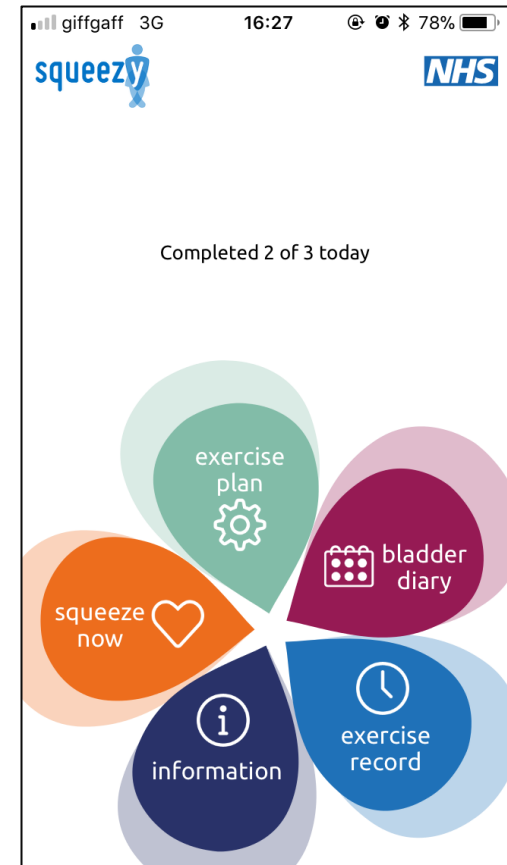
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How to stick at your exercises....

- Use an app
- Do them at set times
- Tie it into your routine
- Use post-it notes
- Try Pilates
- Do them when you 'need' to

Weak muscles take on average 10 - 12 weeks to strengthen



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Normal bladder function

Full bladder = 500mls

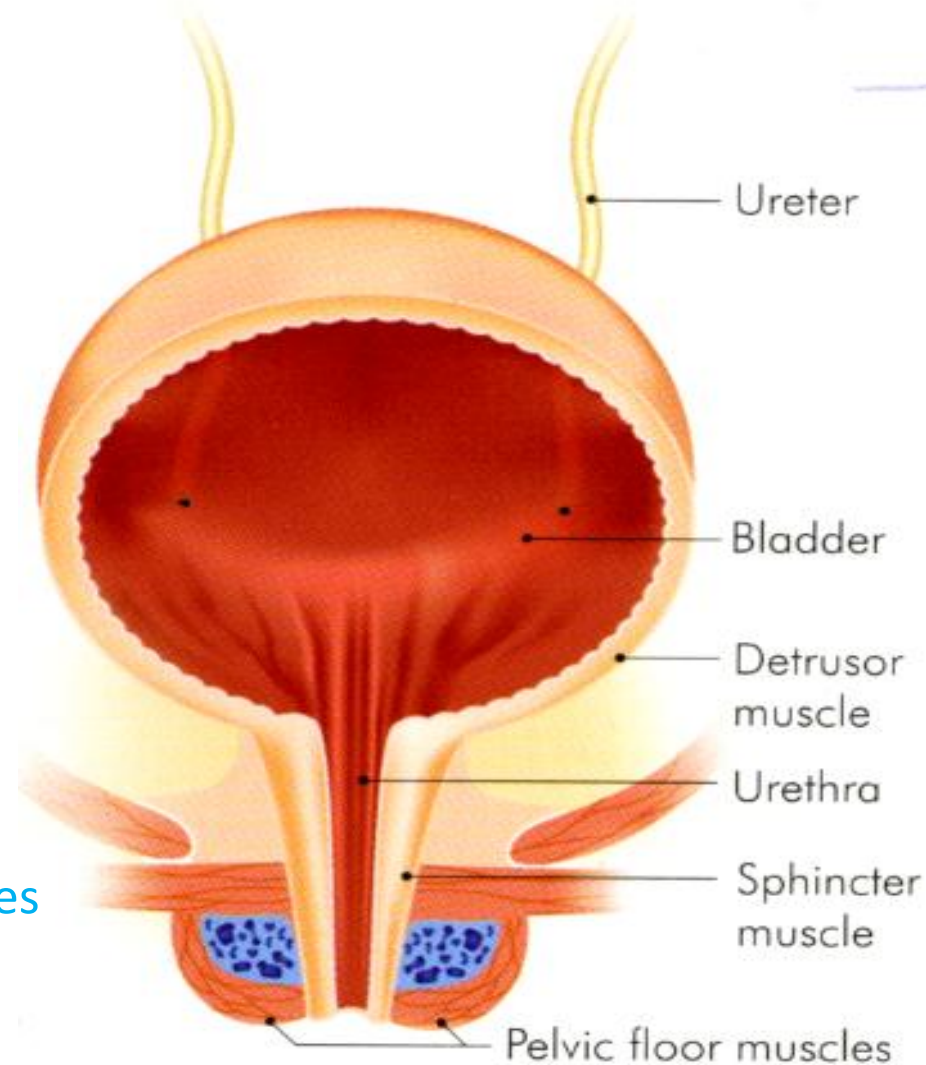
First desire to void = 200mls

Visits to the toilet = 4-6/day

Overnight = Once

Daily fluid needs = 3 pints / 2 litres

1ml of urine / hour / kg

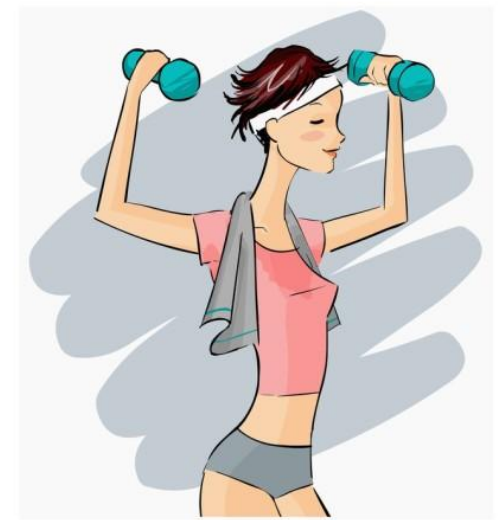


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What can I expect from Physiotherapy?

- Individual pelvic floor assessment
- Teach you correct pelvic floor squeezes
- Give you an individual exercise program
- Help you self treat & gain control
- Help you set goals & measure progress




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We need to work together



Changeable factors

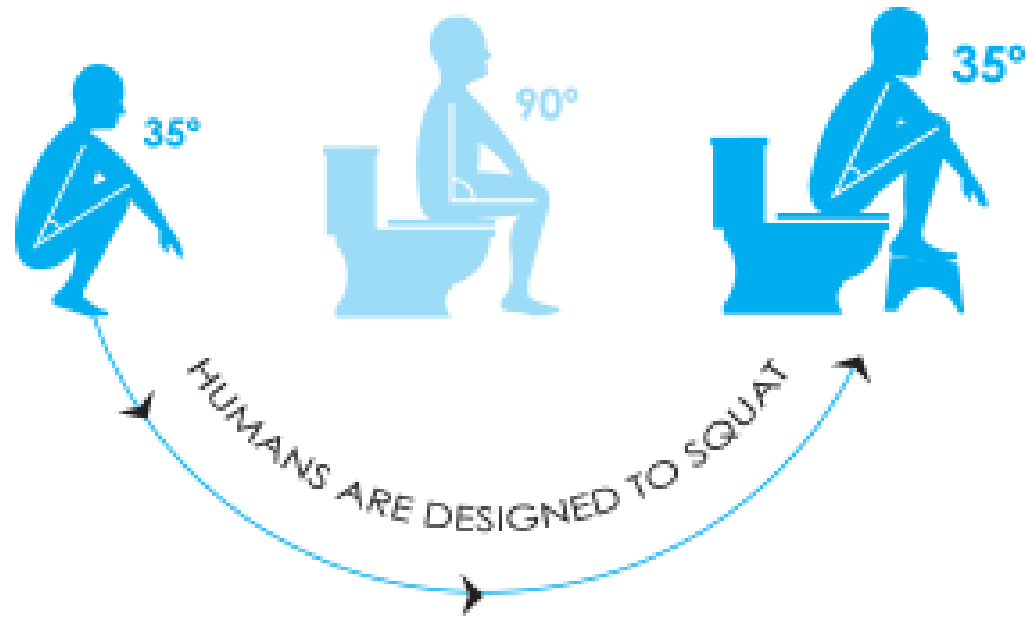
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- Constipation
 - Type of drinks
 - Just in case visits
 - Heavy lifting
 - Obesity
 - Smoking/coughing



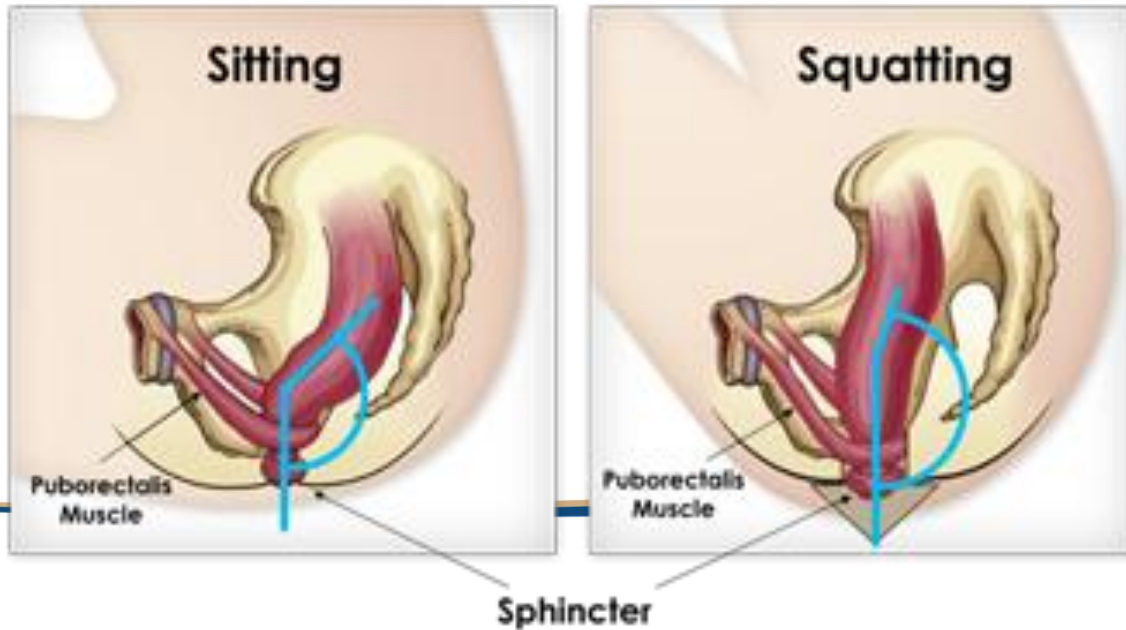
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Are your bowels involved ?



Anorectal Angle



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What next?



- An individual appointment - 1 hour (if needed)
- **Assessment** according to your specific problem
- A **treatment programme** will be agreed with you
- You may bring a **chaperone** if you prefer
- Bring a list of any **medication**



Are you guilty of increasing our waiting list ?



Please let us know ASAP if you can't make an appointment

Discharge Policy:

- Fail to attend =discharge
- Unable to attend =reception will need a genuine reason
- 2nd time unable to attend =you will need to discuss with your Physio if able to stay on treatment
- Please still attend your appointments when menstruating



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Thank you for listening



<http://www.cardiffandvaleuhb.wales.nhs.uk/WHphysio>



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Make friends with your Pelvic Floor !!

