

## How Can Physiotherapy Help

- Physiotherapists are specifically trained in musculoskeletal assessment. This makes them the ideal health professionals to treat injuries or problems with joints, bones, muscles, tendons and ligaments. They can recognize contributing factors to incontinence.
- After a detailed **assessment**, a **treatment plan** would be designed, to meet the needs and goals of the client. This may include:

### Education

- on the condition
- on proper alignment and posture of the pelvis, low back and hips
- on proper ergonomics and body mechanics for sitting, lifting and movements to decrease pressure on the bladder

### Exercises

- proper instruction of strengthening pelvic floor muscles (Kegel)
- proper activation and strengthening of deep abdominal and gluteal muscle

### Manual therapy

- to assist correction of pelvic joint position and mobility

**For more information or, should you require physiotherapy treatment, please contact**

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PHYSIOTHERAPY. IT'LL MOVE YOU

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# Incontinence



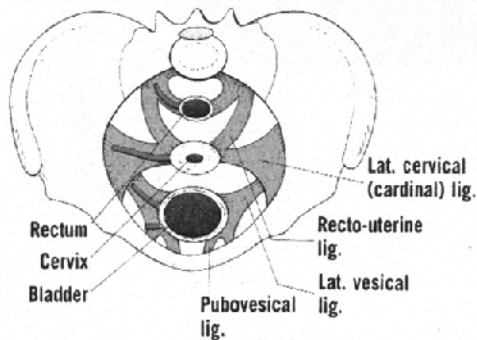
## What You Should Know

**Look inside to see how Physiotherapy can help you to..**

- Regain control of your bladder
- Return to all activities without fear

## What is Urinary Incontinence

- . Means any involuntary loss of urine
- Affects over 1.5 million Canadians
- Are three types
  - **Stress Incontinence** – most common, occurs when urine leaks from the bladder when pressure is applied to it suddenly. Activities such as coughing, sneezing, running, sports or sexual intercourse can put pressure on the pelvic floor muscles
  - **Urge Incontinence** – is the inability to control urine leaking from the bladder when the ‘urge’ to urinate occurs
  - **Mixed Incontinence** – when stress and urge incontinence appear at the same time or in different circumstances



## What Causes Urinary Incontinence

The bladder lies within the pelvic cavity, therefore any forces which change the position of the pelvis can affect the bladder.

### The most common cause

pregnancy and delivery- which can stretch and strain the muscle support system and cause disruption and dysfunction of the pelvic joints.

### Other causes can include

- any trauma to pelvic, back hip region
- Aging
- Improper body mechanics (lifting)
- Chronic constipation
- Chronic coughing
- Aging
- Infections
- Menopause/fluctuating hormone levels
- Pregnancy
- Overweight
- Surgery

## What can You do for the Long Term

- Use good posture, lifting techniques and movement patterns
- Brace the pelvic floor muscles before you cough, laugh or sneeze
- Avoid common bladder irritants such as caffeine, alcohol, cigarettes
- Keep a bladder diary to promote normal urinating habits

