


DID YOU KNOW?

- 3.3 million Canadians are living with urinary incontinence.
- 1 in 2 women at some point in their lifecycle will experience urinary incontinence.
- 50% of pregnant women will experience some form of leakage.
- Leaking during strenuous exercise occurs in 25-30% of young female athletes.
- 1 in 9 men experience urinary incontinence, especially post-prostatectomy.
- The Canadian Urinary Bladder Survey reports only 26% of people living with incontinence have discussed it with their doctor.
- Urinary incontinence was noted in 78% of women with low back pain.

For more information or to book an appointment, visit us online or give us a call.

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WILLOW
HEALTH CENTRE

RESILIENCE
PREVENTABLE
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URINARY
INCONTINENCE
SELF-ESTEEM
VITALITY
EMPOWERMENT
TREATABLE

THE PELVIC FLOOR: URINARY INCONTINENCE

The pelvic floor muscles are a large group of muscles that help support our organs and provide stability through the low back, hips and pelvis. We have voluntary control of these muscles which open and close the sphincter muscles for proper bladder and bowel function. Urinary incontinence occurs when there is unwanted leakage of urine and can occur at any point in the lifecycle of men and women.

MYTH VS. FACT

It is **normal** to have *leakage*:

- when we are pregnant
- after a baby
- as we age

NO!

It is **common** to experience urinary leakage but it is not normal.

Urinary incontinence is preventable and treatable!



PHYSIOTHERAPY **CAN** HELP!

There is supported evidence-based research which recommends pelvic floor muscle training should be the first line of conservative management for women with stress, urge and mixed incontinence.

Pelvic floor muscle training results in improved quality of life, fewer leakage episodes and less leakage volumes.

As trained pelvic floor physiotherapists at Willow Health Centre, we can specifically assess the quality, tone and strength of these muscles by performing an internal digital exam. Personally tailored exercises are prescribed to treat pelvic floor muscles that are either too weak or too tight. Exercises to coordinate the pelvic floor muscles with the diaphragm and deep abdominal and back muscles are integrated, as part of a core retraining program.

Patients are empowered to learn new strategies for posture and movement and to develop mindful body awareness, healthy bladder and

WHAT ARE THE TYPES OF INCONTINENCE?

STRESS INCONTINENCE: leakage of urine that occurs when we cough, sneeze or laugh due to the increased intra-abdominal pressure that is produced. It can be related to childbirth and menopause.

URGE INCONTINENCE: occurs when there is a strong, uncontrollable need to void with an inability to make it to the toilet on time. This can occur due to overactivity/spasm of the bladder wall muscle.

MIXED INCONTINENCE: occurs when there more than one type incontinence present at the same time