



Continence Issues

Do you ever have embarrassing moments following a cough or a sneeze?

Do you find running, jumping or a session in the gym leads you to have to change your underwear?

At the Wye Physiotherapy Practice we give specialist care to those with Women's Health Problems.

As many as 68% of women suffer bladder problems. Most of them suffer in silence believing that this is just a natural consequence of having given birth or part of the inevitable aging process.

Physiotherapy can help, and with a carefully explained combined exercise and advice regime as many as 86% of women can make an improvement and even avoid surgery in 1/3 of cases.

WHAT IS THE PELVIC FLOOR?

The **pelvic floor** muscles act as a sling situated high up between your legs. They form the floor through which the bladder, womb and rectum pass. They become weak and ineffective through surgery, childbirth, illness, ageing, being overweight or simple **lack of use**.

At The Wye Physiotherapy Practice as well as a programme of exercises we give practical advice on drinking habits for sufferers. Cut down on tea and coffee as these act as stimulants to the bladder. Remember to drink plenty of fluids, at least 6-8 glasses per day.

Avoid constipation and being overweight by keeping to a high fibre diet.

Strong Pelvic Floor Muscles can help:

- To prevent leakage of urine on exercise, coughing, laughing, jumping etc.
- To control a strong sudden urge to pass urine.
- To control the need to pass urine frequently (8 times or more daily)
- To improve bowel function.
- To reduce the symptoms of prolapse.

If you are affected by this problem, help is at hand and only a telephone call away, at The Wye Physiotherapy Practice.