



## Women's Pelvic Health



## Bladder

Do You Leak When You Cough, Sneeze or Exercise?  
Do You Have Trouble Getting To The Toilet On Time?  
Are You Always Going To The Toilet?

Loss of bladder control, urinary urgency and frequency are common and distressing problems which affect your quality of life. You might find yourself avoiding enjoyable activities, arranging your daily routine around where the nearest toilets are or waking up exhausted because your bladder has interrupted your sleep.

The pelvic floor muscles play an important part in the management of these symptoms. The pelvic floor muscles are at the base of your pelvis, attaching from the pubic bone at the front to the tail bone at the back. These muscles support and control the bladder and bowel and play a role in sexual function. A normal pelvic floor can contract and relax - yours may be weak or too tight.

One in three women who have a baby will experience bladder leakage. Constipation, chronic cough, strenuous sports, menopause, obesity and ageing can also affect the pelvic floor and your bladder control.

Evidence shows that you can successfully treat bladder control problems through a personalised pelvic health program designed and managed by a specifically trained Physiotherapist.



## What Will My Physiotherapy Program Involve?

- A thorough assessment to establish your goals, pelvic floor requirements and treatment plan
- Design of an individual pelvic floor muscle exercise program based on your abilities and needs
- Progression of your program and application to your daily activities
- Instruction in good bladder habits, fluid intake and bladder retraining
- Advice regarding healthy bowel habits and lifestyle factors

## How Often Will I Need To Attend?


The number of treatments varies for each individual. To achieve optimal gains, most women require 4 to 6 visits over a 4 to 6 month period. You can expect to experience gradual improvement in your symptoms throughout this time.

Motivation and adherence are important factors in achieving your goals. Your Physiotherapist will regularly re-assess these goals and work with you to ensure the program is achievable and appropriate for your lifestyle.


## What Can WMHP Do For Me?


Bladder control problems are common but not normal and you don't have to put up with them. At Women's & Men's Health Physiotherapy we lead the way in pelvic health. We'll empower you to improve your bladder control so you can exercise, not worry about where the nearest toilet is, stop wearing pads, and confidently socialise and enjoy life.

## Why Choose Women's & Men's Health Physiotherapy?

 We're a group of female Physiotherapists who specialise exclusively in the area of continence management and pelvic floor muscle rehabilitation

 We'll design a personalised pelvic health program for you

 We're passionate about empowering women to regain their confidence and change their lives for the better

 Our Physiotherapists and administrative team recognise the sensitivity of your symptoms and will treat you with understanding, respect and discretion



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