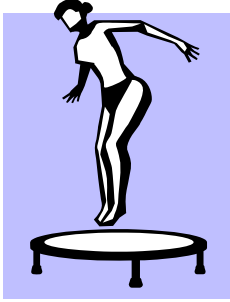


DOES YOUR PELVIC FLOOR LET YOU DOWN?

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Many women suffer some degree of incontinence some suffering in silence believing it to be a normal problem, just part of being female. Incontinence is the word to describe involuntary leakage of urine and can take several forms. If you leak only when an additional pressure acts on your bladder such as if you cough, sneeze or giggle then you are suffering from stress incontinence. If you find you get little warning of needing to go to the toilet so you rush there but don't always make it in time then you are suffering from urge incontinence. A number of women suffer a mixture of both. For some women incontinence gradually creeps up on them for no apparent reason. But contributing factors can include putting on additional weight, smoking, and hormonal changes.

Aging can contribute to incontinence but even young, fit women can suffer particularly those involved in high impact or endurance sports.

In some cases there has been a sudden onset of problems such as after childbirth.

SO WHAT CAN YOU DO IF YOU RECOGNISE YOURSELF IN ANY OF THESE DESCRIPTIONS?

Having a strong pelvic floor can significantly reduce incontinence problems. Most women have been taught pelvic floor exercises at some point in their lives after childbirth or in a Pilates class but it is difficult to get them right.

Your pelvic floor is made up of the muscles and connective tissue between your legs and they act as a hammock supporting all your pelvic organs including the bladder. A strong pelvic floor contraction will raise the bladder and achieve closure to prevent the leakage of urine.

It is difficult to know you are contracting your pelvic floor correctly as unlike arm and leg muscles you cannot see the muscles working or any movement produced. In some cases women have been trying really hard with their pelvic floor exercises but incorrectly squeezing their bum/thigh/tummy muscles and not actually working their pelvic floor.

To ensure pelvic floor exercises are performed correctly we offer a thorough, confidential examination at the **CLOISTERS**. We can assess the condition of the pelvic floor muscles, prescribe an appropriate exercise regime and ensure they are performed correctly.

This may be all that is required to significantly reduce your incontinence problem that will in turn have a great influence on your quality of life



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