

TRIGGER RETRAINING

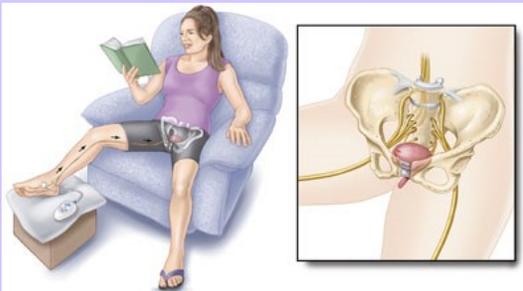
If your urgency occurs with certain tasks like 'putting the keys in the door' or 'hearing running water, then your brain has created an association between peeing and the task. To undo the association, you need to deliberately practice performing the triggering task with a full bladder while implementing the 4 suppression techniques. If you are persistent with treatment then in a few weeks you will stop the association between the two tasks.

BLADDER RETRAINING

If behaviour retraining and lifestyle modification has limited effect, then your physiotherapists will start you on a bladder retraining program, whereby you will be going to the toilet at set timed intervals. The main aim of this techniques is to desensitize your bladder to bladder filling.

ELECTRICAL STIMULATION

As a last resort to conservative management, electrical stimulation can be used to treat urgency. Electrical stimulation can be applied vaginally, over the sacrum or around the ankle. The patient starts on a 8 week program of intense electrical stimulation, which aims to help calm the nerves down and eliminate urgency.



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MANAGEMENT: URGE URINARY INCONTINENCE



URGE URINARY INCONTINENCE

Urge Urinary Incontinence (UUI) is the loss of bladder control that specifically occurs when someone has a strong sensation of needing to pass urine and is trying to get to the toilet .

One of the reasons for this strong uncontrollable urge is that some people experience involuntary bladder spasms whilst their bladder is filling, a condition called 'detrusor overactivity'. An experienced Women's Health Physio can assist in treating your condition.



LIFESTYLE & DIET

The first step is to make simple modifications to lifestyle and dietary habits to reduce your urge symptoms.

1. Reducing Caffeine Intake

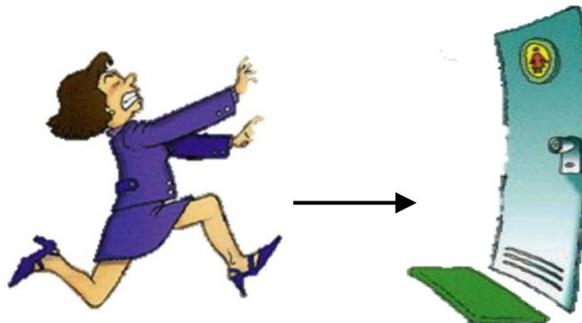
In some people caffeine can cause bladder spasms at smaller bladder volumes. Caffeine is found in drinks like coffee, tea, soft drinks and sports drinks. Reducing your caffeine intake can reduce the severity of your urgency. If you consume a large amount of caffeine its important that you reduce your intake gradually to avoid headaches.

2. Reducing Artificial Sweeteners

The artificial sweeteners in Equal, Splenda or diet foods and drinks are known to irritate the bladder in some people. Reducing the intake of these foods can reduce your urgency as well.

3. Avoiding Constipation

If you have constipation it can greatly worsen your urgency symptoms. When you have a full bowel it can place direct pressure on the bladder and create a false sensation of needing to pee.



4. Altering Fluid Consumption

Both 'too much' or 'too little' can worsen your urgency. It is known that a rapid expansion of the bladder is more likely to cause bladder spasms than a slow expansion. Conversely, drinking too little fluid can make your urine very concentrated and irritate the inside of the bladder wall. As a guide you need to aim to drink around 1200ml of fluid per day and increase only if your urine is very concentrated, on hot days or during excessive exercise. You need to ensure you have spaced out your fluid intake evenly during the day to avoid rapid expansion of the bladder.

BEHAVIOUR RETRAINING

When you get an intense episode of 'urgency', instead of racing to the toilet where you will be placing even more pressure on the bladder, you need to STOP and perform the 4 suppression techniques below for 1-2 min and go to the toilet once the urgency has passed.

1. Pressure on the Genital Region

Applying direct pressure on the genital area during a bladder spasm, will distract the bladder from sending messages to and from the bladder, helping lower your urge. Try:

- Pressing upward on your genital area
- Sitting on the heel of your foot
- Sitting on the corner of a table or chair
- Sit down if non of these are possible

2. Curling Your Toes

Curling your toes reduces your urgency as the same nerve that activates the muscles that curl your toes attaches to our scrum, which is the same area where or bladder nerves start. This interferes with the input going to the bladder and thus reducing your urge.

3. Distracting Yourself

Distracting yourself by counting backwards or making a shopping list will help activate the frontal lobe of the brain. Keeping the frontal part of your brain working will help keep your bladder relaxed

4. Pelvic Floor Muscle Contraction

Squeezing your pelvic floor muscles for 10 seconds will help close the urethra (where urine exits the body) so no urine escapes. If you have overactive pelvic floor muscles you should NOT do this.