

# Types of Incontinence

You may have just one type OR you may have both. Either way, strengthening your pelvic floor is the way to go. If you have Urge incontinence you can also do some extra work that will help you get better.

If you have a mix of stress and urge incontinence you have 'mixed incontinence'.

## 1. Stress Incontinence:

This is when you leak when there is a sudden stress on your pelvic floor. This could be a cough, sneeze, jump or even just getting up from a chair. It's normal to be able to do these things without leaking, so if you suffer from this it's a sure sign you need to strengthen up.

This type of incontinence is on the rise as Women put on weight and as younger women do activities like Cross Fit.



## 2. Urge incontinence (Overactive bladder):

If you have problems making it to the toilet, if you MUST go as soon as you get in the door, if you feel like you need to go 3 times before you leave the house and you know the location of every toilet in town – then this is you. Your pelvic floor definitely needs strengthening and you also need to do the additional Urge Control exercises.



Urge incontinence can be limited to certain times of the day or to certain situations – like when you put the key in the front door. For people with urge incontinence, the brain - bladder connection is on the wrong setting. Normally, the bladder signals the brain when it is full, but with urge incontinence, the bladder tells the brain it is full when it isn't. This feeling is very strong – you believe your bladder is about to burst.

Urge incontinence can also be caused by an overactive pelvic floor. Only a correct examination will find this out. Doing pelvic floor exercises may be the completely wrong thing initially here.

### **Take Action**

***It won't get better on its' own and it takes very specialized work to improve things.***

***See your Pelvic Floor Physiotherapist for a full assessment and program.***