

**FEM PHYSICAL
THERAPY**

**MYTHS YOU
NEED TO BUST**

**➔ You should drink
less water to pee
less:**



I know this seems like a good idea because less water equals less pee, right? But, less hydrated and diluted urine may irritate the bladder

causing the bladder muscle to contract or spasm and send the sensation that you have to go pee more often. Also, less fluid equals less bladder wall stretch. Your bladder will then lose its ability to expand effectively before sending the signal to you that it's time to pee.



**➔ This is caused by
a weak pelvic
floor muscles:**



Actually the opposite may be true. The muscles of the pelvic floor should be able to relax and lengthen as well as contract and shorten.

Focusing too much on the muscles shortening and contracting or "Kegels" may prohibit muscles to be able to lengthen. Muscles that are not able to go through their full range of motion may become tender, sore or irritated. Due to the complexities of the nervous system in our pelvis, the sensation of pressure on an overactive pelvic floor may actually feel like you have to go to the bathroom when you have very little urine in your bladder. I have reproduced women's sensation of urgency by pressing on small areas of tight pelvic floor muscles. If this is the reason you have the sensation of urinary urgency then strengthening would not be your best course of action.

**➔ I should go pee
"just in case"
before I leave
somewhere:**

I understand the desire to want to empty your bladder before you jump in the car or sit down for a movie, even when you don't feel like you have to go, but just in case. However, by constantly emptying your bladder before the walls are stretched with fluid, it is teaching your bladder and nervous system to want to empty before it's at capacity. Causing a problem of making you have to go more often.

URGE URINARY INCONTINENCE
Quick Guide

By Laurel Proulx, PT, DPT, OCS

The loss of urine after a strong urge is often present with having to go to the bathroom multiple times a day; more frequently than every 3 hours. Often this type of incontinence can be linked to overactive pelvic floor muscles, an overactive nervous system making the bladder spasm or a diagnosis affecting the bladder itself like interstitial cystitis. Finding the root cause of your incontinence is necessary for proper treatment since the overactive pelvic floor or nervous system are just symptoms of a more complex issue. Reach out to your physician and get into see a pelvic health PT. Another possibility is that your body has learned the behavior of going to the restroom frequently due to previous leakage experiences. You don't want to leak so you started going more often and now your body thinks the bladder is full at that smaller capacity. Now, your body sends the signal to urinate sooner and faster than normal. The good news is there is so much that can be done to help your body relearn the proper timing and capabilities of your bladder.

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3 Strategies You can Implement today

By Laurel Proulx, PT, DPT, OCS

Tell your bladder you're in control: I know the urge feels uncontrollable, but by getting excited and anxious your fight or flight nervous system starts squeezing your bladder muscle faster and stronger, making the urge worse. By stopping where you are at, taking some deep breaths and even sitting down to put some pressure on your perineum, you are able to stop the cycle of an excited nervous system and take back some control. After a few seconds of sitting and a deep breath or two, slowly walk to the restroom. Try this strategy at home first to give you some more confidence.

Take deep breaths: Taking deep breaths is pretty much a staple pelvic floor intervention. By taking deep breaths that expand your rib cage, abdominals, and pelvic floor it allows your pelvic floor to lengthen and expand increasing its range of motion. A few deep breaths also slows down that fight or flight nervous system – one of the main contributors to an overactive bladder or urinary urgency.

Focus on hip mobility: Since we've established that overactive or shortened pelvic floor muscles can cause some urinary urgency as well, hip mobility helps to improve the range of motion of your pelvic floor. Focusing on hip internal rotation mobility by performing piriformis stretches, shin boxes and even cat/cow with your hips internally rotated can help lengthen your deep hip rotators and pelvic floor.

What's Next: This quick guide is not intended to diagnose or provide a specific intervention for what you may be experiencing. This information is for educational purposes only and not intended to diagnose or treat. If you would like more specific guidance, exercises and support for returning to fitness with Urinary Urgency then check out the [Postpartum Connect All-Inclusive Program](#). If you'd like a personalized consultation, assessment, and program then schedule your [free 15 minute discovery call](#) or book your appointment online at [femunfolding.com](#).