

Are you in control of your bladder and bowel? OR Is your bladder & bowel controlling you?

Jamie a 32-year-old mum had just given birth to her first baby 6 weeks prior.

During her labour, she had a 3rd-degree perineal tear and stitches, a forceps delivery and a prolonged 2nd stage labour.

Since she was a child, Jamie had suffered from bouts of constipation and straining and when she danced or ran, she would occasionally leak urine.

She thought nothing of it originally but with her constipation and most especially after the birth of her first child things got a lot worse.

Jamie would leak urine with coughing, sneezing and even with laughing! She was so embarrassed she couldn't even laugh without crossing her legs and tried her best to apply pressure between her legs to avoid having an accident.

Her bladder was controlling what she could and couldn't do – it became increasingly difficult to hold on whilst she was breastfeeding; so, she resorted to breastfeeding her little one in the toilet “just in case” or wearing a pad whenever she went out.

On top of that, whenever she had a shower or heard running water, she would experience an overwhelming desire to rush to go to the toilet and would occasionally miss and wet herself before she arrived.

So too, Jamie noticed after she delivered her baby that she began to pass an excessive amount of wind and when she needed to empty her bowels she could NOT wait.

Her bowels were controlling her and on the odd occasion she didn't make it in time she would soil her underwear.

Jamie like over 5 million Australians are suffering from bladder and bowel problems. What is described above, is a condition known as Stress and Urge Urinary Incontinence, Flatulence, bowel urgency, and faecal incontinence?

At Peninsula Sports Medicine Group our women's health Physiotherapist has 20 years' experience in Pelvic Floor Rehabilitation.

Pelvic floor Physiotherapists specialise in addressing bladder, vagina, bowel and Pelvic Floor Muscle weakness or overactivity. They address the contributing factors which have caused the problem originally, i.e. constipation and straining had weakened Jamie's pelvic floor. With exercises and the Physiotherapist requesting a bowel diary can help Jamie modify her diet to improve her stools and teach her how to empty her bowel effectively without straining and in effect weakening her pelvic floor muscles further. Women's Health Physiotherapists are equipped to assist with lifestyle changes and advice re fluid intake to improve her constipation and check what other potential causes may be affecting her bowels: anxiety, a prolapsed bowel, reduced peristalsis and motility or speed at which she can empty her bowels as well as how she sits on the toilet to defaecate.

Many clients suffer from IBS or food intolerances and women's health physio Nevine is able to recommend foods which not only help with this but also provide adequate fibre and teach them effective defaecation strategies to prevent expulsive forces which may exacerbate their prolapse further.

If you have any questions re the above, please don't hesitate

to contact us at Langwarrin Sports and Medical Centre

Bookings:

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