



## Stress incontinence

### What is Stress Incontinence?

Stress incontinence is the involuntary leaking of the urine that occurs with physical stresses such as coughing, sneezing, lifting, squatting, running and jumping.

### Why does it occur?

Leakage occurs when there is increased intra-abdominal pressure, this increased downward pressure pushes down on the bladder, and if there is not sufficient pelvic floor muscle strength, then small to moderate amounts of urine can leak.

### Causes of Stress Incontinence:

- Pregnancy and childbirth
- Menopause
- After prostate surgery

### Managing stress incontinence:

- Pelvic floor muscle training to improve muscle strength and enable stronger closure of the urethra
- Using what is called "The Knack". This means quickly squeezing the pelvic floor muscles before increased abdominal pressure to lift the bladder, clamp the urethra shut and prevent leakage.

### Returning to sport:

Some sporting activities with continual high impact e.g. tennis/aerobics require increased muscle endurance for bladder support. It is always best to have an individual pelvic floor muscle assessment to obtain an individual training program for your pelvic floor