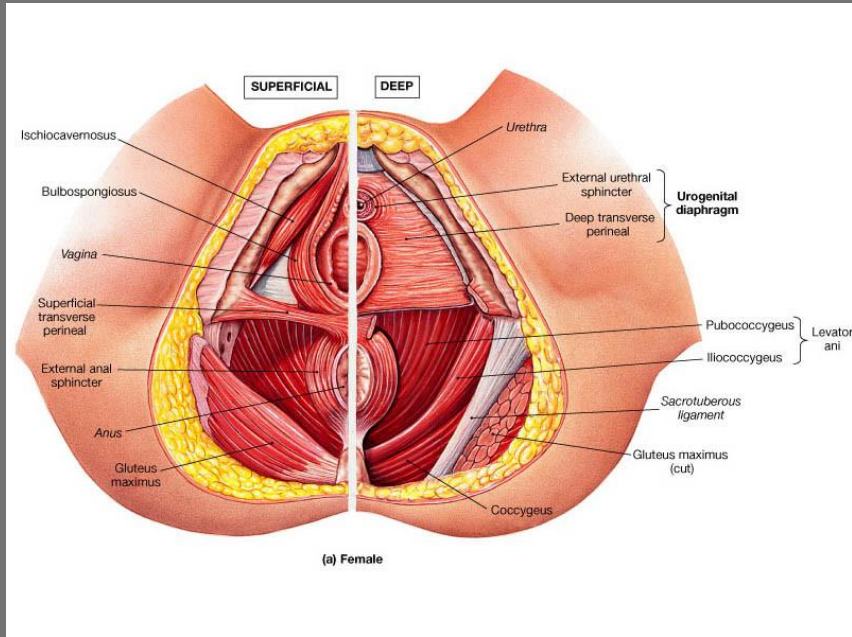




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Physiotherapy in Stress Urinary Incontinence

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<https://bosonamacie.pl/poznaj-swoje-dno-miednicy-cz-1>

Pelvic floor muscles

● Anatomy

The levator ani or pelvic diaphragm is subdivided into four muscles:

1. pubococcygeus,
2. iliococcygeus,
3. coccygeus,
4. puborectalis.

- **What are the functions of the pelvic floor muscles?**
 - determine the proper static of the pelvic organ,
 - keep the urine in the bladder,
 - keep organs in the abdominal cavity.

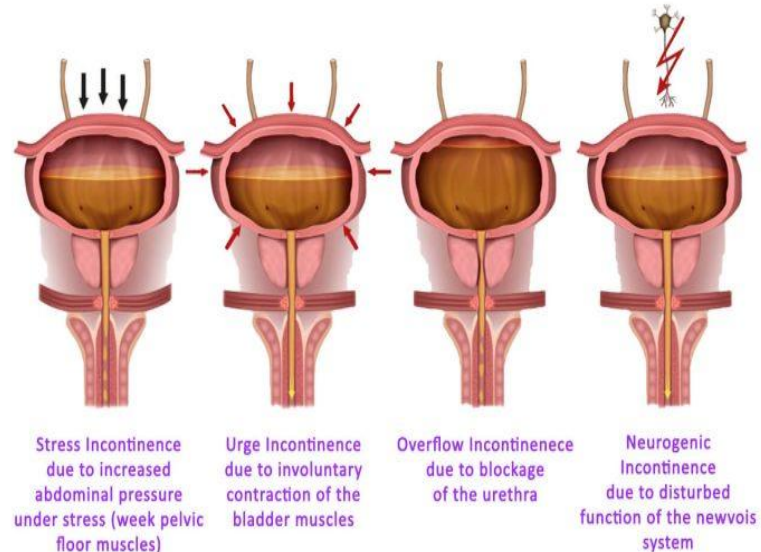
- **Pelvic floor disorders:**

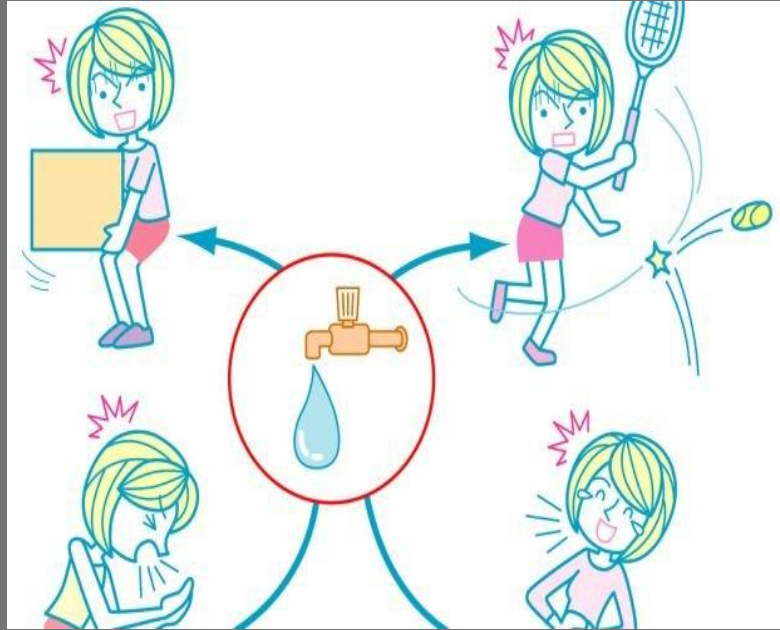
- pelvic organ prolapse,
- stress urinary incontinence,
- trouble controlling the passing of intestinal gases and defecation,
- sexual dysfunctions.

Types of incontinence:

- Stress incontinence,
- Urge incontinence,
- Overflow incontinence,
- Neurogenic incontinence.

TYPES OF INCONTINENCE





Stress urinary incontinence

- What is this dysfunction?

<https://zdrowie.gazeta.pl/Zdrowie/7,101580,18407782,rozwiacz-problem-nietrzymania-moczu.html>

**Risk Factors of
Urinary
Incontinence**

Age,
Obesity and adiposity,
Parity,
Pregnancy

Ethnicity and race,
Menopausal replacement therapy,
Hysterectomy

Smoking,
Menopause,
Pelvic and perineal surgery,

Cognitive impairment,
Mobility impairments,
Anatomical abnormalities,
Diet



<https://pl.depositphotos.com/stock-photos/prevention.html>

- **Prevention**

- Dietary changes,
- Fluid restriction,
- Timed voiding to prevent the bladder from reaching its capacity,
- Medicaments,
- Weight loss,
- Stop smoking,
- Postural changes.

Physiotherapy - Kegel exercises:

Step 1: Finding your Kegel muscles

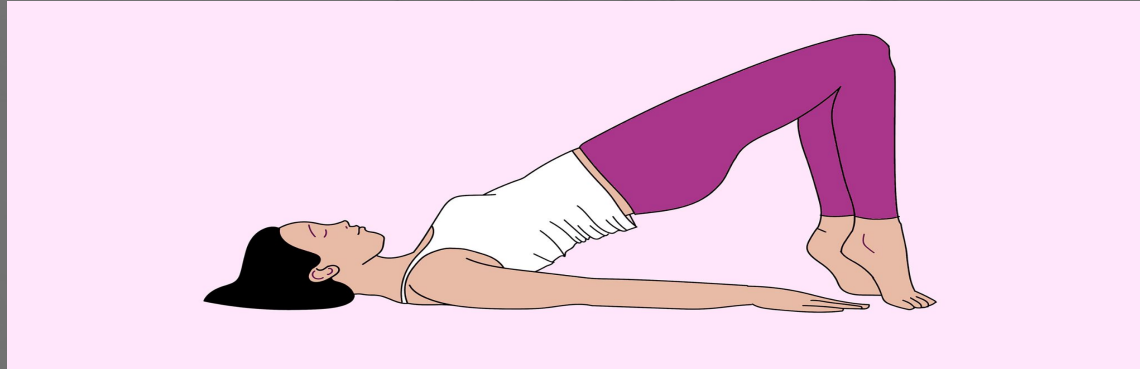
Step 2: Sitting Fast-Twitch Exercise

Step 3: Sitting Slow-Twitch Exercise

Physiotherapy - Kegel exercises:

Step 4: Horizontal Kegel Exercise

Step 5: Standing Kegel Exercise





<https://pl.depositphotos.com/vector-images/attention-to-the-red.html>

Avoid

- Don't actually do this when urinating,
- Don't tense other muscles,
- Avoid pain.

Conclusion

Incontinence can have a number of causes. Most types of urinary incontinence are at least partially the result of weak pelvic muscles. Both men and women can suffer from weak pelvic muscles, though this is more common in women. Most bladder incontinence exercises are known as Kegel exercises, and focus on strengthening your pelvic floor muscles.

Vocabulary:

- pelvic floor muscle - mięśnie dna miednicy
- levator ani - mięsień dźwigacz odbytu
- pelvic diaphragm - przepona miednicy
- pubococcygeus - mięsień łonowo-guziczny
- iliococcygeus - mięsień biodrowo-guziczny
- coccygeus - mięsień guziczny
- puborectalis - łonowo-odbytniczy
- pubic body - ciało łonowe
- ischial spine - kołec kulszowy
- abdominal cavity - jama brzuszna
- urge incontinence - nietrzymanie moczu przy nagłym parciu
- overflow incontinence - nietrzymanie moczu z przepełnienia
- adiposity - otyłość
- parity - liczba porodów
- cognitive impairment - upośledzenie funkcji poznawczych
- leakage - wyciek
- clench - ścisnąć
- release - zwolnić
- abdomen - brzuch

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