

CONTINENCE INFORMATION



**A clinic for Continence Help,
Advice and Treatment for
Pelvic Floor Problems**

01525
377751

enquiries@stjudesclinic.com
www.stjudesclinic.com

26 Lake Street, Leighton Buzzard, LU7 1RX

St. Judes 
physiotherapy, health and well being

Do you have a problem?

If you've lived with the odd accident, avoided the gym class that had too much jumping up and down, or have a mental map of local toileting facilities on a shopping day trip, chances are that you probably do have a problem. The problem is you can slip into thinking that it's normal.

Ask yourself –

- Do you go to the toilet 6-8 times a day?
- Do you have dry knickers all the time?
- Do you sleep through the night, or only get up once in the night, to go to the toilet?
- Do you feel like you empty your bladder fully and easily?
- Do you pass about 1.5 cups of fluid at a time?
- Do you find passing water painless and comfortable?

If you've answered no to any of these questions, then something is not quite right and you should seek advice from your GP, Continence Advisor, or Physiotherapist.

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What happens at St Judes?

A specially trained Physiotherapist will, by asking you questions, assess the type and extent of your problem.

To fully assess this you will probably be asked to fill out a bladder diary. An internal examination is also recommended, as part of the assessment to ascertain the strength of the pelvic floor and indeed whether or not you can do a pelvic floor contraction!

When you've been assessed you may be taught an exercise regime to do, possibly progressing to exercise cones – a bit like going from doing floor exercises, to progressing to the machines at the gym! We may suggest that you have electrical stimulation to kick start very weak muscles, or help control bladder instability.

Whatever course of action is decided upon an in-depth explanation of the problem and course of treatment will be given, for you to consider first.

As with all our treatments, your GP will be informed of your admission and a discharge letter with the outcome of treatment will normally be written.

And Finally

If you want to know more about our Women's Health services just speak to Moira D'Arcy, Women's Health Physiotherapist, and she will be pleased to answer any questions you may have.

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