

# OVERACTIVE BLADDER CARE PATHWAY



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Overactive bladder (OAB) is the name for a collection of urinary symptoms including:

- urinary urgency - a sudden and overwhelming urge to pass urine
- urge urinary incontinence - the involuntary loss of urine associated with urgency
- urinary frequency - passing urine many times throughout the day
- nocturia - waking up more than once overnight to go to the toilet

OAB symptoms are caused by the muscle around the bladder (the detrusor) squeezing the bladder to empty urine inappropriately. Contributing factors can include your pelvic floor, hormones, bowels, bladder habits, medications, consumption of bladder irritants and fluid.

The care pathway below will help you understand what to expect throughout the physiotherapy management of your OAB symptoms. Your pelvic health physiotherapist will guide you through this pathway and assess your progress.



## INITIAL ASSESSMENT

- Symptom review  Bladder diary  Contributing Factor Analysis  Pelvic floor assessment

## CONSERVATIVE MANAGEMENT (6 WEEKS, 3-4 SESSIONS)

- Removal of bladder irritants  
 Urge suppression strategies  
 Fluid management  
 Bowel management  
 Pelvic floor



## REASSESSMENT

- Symptom review  Bladder diary  Contributing Factor Analysis  Pelvic floor assessment

Symptoms well managed

Continue current

Symptoms bothersome

Bladder drills + TTNS (12 weeks)



## REASSESSMENT

- Symptom review  Bladder diary  Contributing Factor Analysis  Pelvic floor assessment

Symptoms well managed

Continue current

Symptoms bothersome

Specialist review



### BOOKINGS

Scan the QR code  
[thewomenshealthproject.com.au/bookings](http://thewomenshealthproject.com.au/bookings)  
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