

STRESS URINARY INCONTINENCE CARE PATHWAY



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Stress urinary incontinence (SUI) is the leakage of urine that can occur with activities that increase pressure inside the abdomen and pelvis. SUI can commonly occur with activities such as:

- coughing and/or sneezing
- laughing
- running, jumping or lifting

SUI is often caused by weak pelvic floor muscles that are unable to support the bladder and hold the urethra (where urine comes out from the bladder) closed.

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



INITIAL ASSESSMENT

- Symptom review Pad Test Contributing Factor Analysis Pelvic floor assessment

CONSERVATIVE MANAGEMENT (12 WEEKS, 4-6 SESSIONS)

- Pelvic floor program
- Lifestyle modifications +/- continence devices
- Exercise advice
- Bowel management
- BMI optimisation



INITIAL ASSESSMENT

- Symptom review Pad Test Pelvic Floor Assessment

Symptoms well managed

Continue current

Symptoms bothersome

Continence pessary
prescription

Specialist review



BOOKINGS

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