



## Dealing with Incontinence?

If you are leaking urine than you are dealing with urinary incontinence. You may have heard this is just normal as you get older, or after having kids. But this definitely doesn't make you feel any better. You may have heard that only surgery will keep this from happening and you are feeling discouraged.

### Two Types of Incontinence

- Stress Incontinence is leaking urine when you laugh, sneeze, or cough or when you jump, walk, or run. This type of incontinence has to do with how you manage pressure within your core and how your posture plays a role.
- Urge Incontinence is leaking urine when you get close to the bathroom or when you feel the need to go to the bathroom. This is a disconnect between the bladder and the brain and can be fixed with a little bit of retraining.



### Urge Incontinence Tips

- Make sure you aren't drinking things that stimulate the bladder like caffeine and soda.
- Do not dehydrate yourself because you think if you have less to drink you will leak less. In studies there was no decrease in leaking for those hydrated or on the verge of dehydration.
- Do not practice going to the bathroom before you leave (to empty out), this confuses the bladder as a signal should occur when the bladder is full.
- It is normal to go the bathroom every 2-3 hours, if you are drinking a normal amount of liquids.
- If you are going every hour, then you will want to practice delaying your bathroom use by only about 5 minutes. Once that becomes comfortable, add on another 5 minutes until you are able to get back to every 2-3 hours.



- If you feel like you are going to pee your pants if you don't get to the toilet quick enough, I want you to think about doing 3 quick Kegels to break the bladder signals. If you know it's too early to have to go, delay it by doing something else before heading to the bathroom.

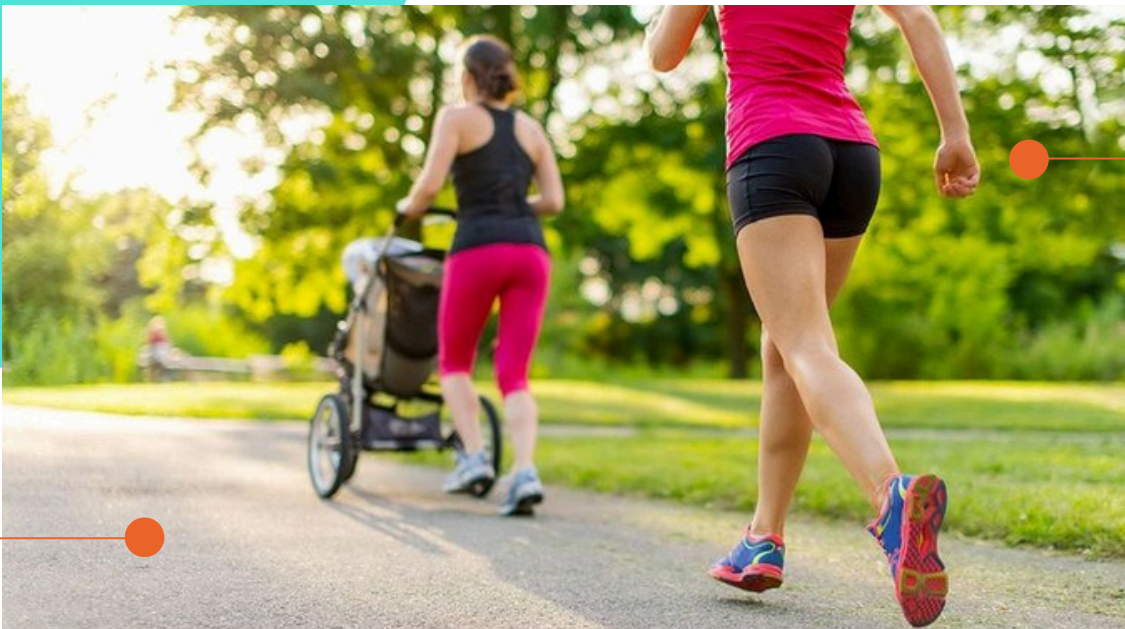
## Stress Incontinence Tips

- Stress incontinence has a lot to do with the pressure within your core and you will need to focus on your posture and breathing
- If you tend to sit in a slouched position a lot throughout the day, you are creating a lot of pressure down on the pelvic floor.
- When you take a deep breath if you notice your shoulders rise up, then you are a chest breather and your exhale is creating undue pressure down as well.
- Here at Form Fit we are able to provide you exercises and tips to help with your posture, breathing, and movement to help with overall pelvic health.

## Breathing Exercises

- The first thing you need to do is practice 360 breathing. This is where the ribs move front, back, and to the sides like a jellyfish. This will help to make sure the diaphragm is moving fully which will naturally help you to activate the pelvic floor.
- You may notice that the front and sides of your ribs move, but many people struggle to get the back moving effectively. So you will also want to practice back breathing, where you are curling up into a child's pose position with stomach resting on thighs. Breathe in and out, trying to get those back ribs to expand. You should feel a nice expansion in your back when you do this.





## **4 THINGS YOU NEED TO BE ABLE TO DO PRIOR TO GOING OUT FOR YOUR RUN**

1. Feet need to be strong enough and you should be able to balance on one foot for 30 seconds (both feet)
2. Can you keep your hips level or do you sink into your hip
3. Be able to squat without your knees falling in
4. Control the pressure in your core, if you have a bread loaf in your belly you should not run

## **QUICK TIPS FOR INCONTINENCE WHEN RUNNING**

1. Drop your chin slightly towards the chest to help keep that deep core connection
2. Take deep breaths in and quick short breaths out while you are jogging to help activate the deep core muscles.
3. Try hitting mid-foot when you jog so that you are landing soft on the balls of your feet which helps to use the muscles to absorb the force of impact rather than the joints.

***“Running reminds you that even in your  
weakest moments ... you are strong”***