

# 9 TIPS TO END BLADDER LEAKING

WITHOUT NEEDING A DOCTOR'S  
APPOINTMENT, MEDICATION, OR SURGERY.

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**Clients are shocked when we tell them that not only is leaking NOT Normal BUT we can help them STOP leaking at ANY age.**

Undergarment companies try their hardest to convince you that the only way to control leaking is by wearing pads or diapers. Their marketing campaigns show young people wearing diapers in order to be able to jump rope or play tennis. They have even started to manufacture a line of “ sexy” protective undergarments!! (Seriously???Once you've seen this... you've seen it all!)

I am here to assure you that there are so many things you can do to stop leaking for good **WITHOUT** medication, surgery or expensive procedures!!!

### **Is leaking Preventing you from doing the things you love?**

Do you want to take control of your bladder and get back to all the things that bring you joy and happiness **WITHOUT** the worry of leaking?? If the answer is **YES...** You are in the best place. We **CAN** help!!!!

We commend you for reclaiming your bladder health!

**Become the Boss of your Bladder and enjoy living an active life!**

# How to End Bladder Leaking Without Needing a Doctor's Appointment, Medication or Surgery

**1**

## Water is your Friend

Many of my clients ask, "Are you seriously telling me to hydrate and drink MORE when my problem is leaking??" YES!!!!!!

Avoid limiting or restricting fluid intake in an effort to prevent bladder leakage. Drinking less fluids causes urine to become more concentrated with urea (a waste product from the kidneys). Concentrated urine is darker in color and often has an odor, this can be irritating to the lining of your bladder and actually increase leaking episodes.

***Less Bladder Irritation = Less Bladder Urgency  
and Leaking***

The general recommendation for hydration is to drink half your body weight of fluid in ounces. This allows your kidneys to flush toxins from your body and keep your urine diluted (think about light yellow and odorless) which will be less irritating to the bladder.

***A Happy Bladder = a Hydrated Bladder***

## 2

## Avoid Bladder Irritants

**Bladder irritants are foods that we eat or drink that are known to irritate the lining of the bladder and cause bladder urgency, frequency and can increase leaking in some people.**

*Liquids that can irritate the bladder are Caffeine, Carbonated Beverages, Citrus and alcohol. If you are a coffee lover and giving up your cup-o-joe is out of the question... consider half-caff to decrease caffeine consumption and drink a glass of water before and after in order to decrease potential irritation.*

Artificial sweeteners and dyes in soft drinks will have you running to the bathroom.... Consider water infusions ( I love mint and cucumber).

**Foods that are known to irritate the bladder are spicy foods i.e. hot peppers, Tomato based products i.e. salsa, tomato/pasta sauce and ketchup.**

Acidic Foods may cause bladder irritation such as Citric fruits (lemon, lime, oranges, grapefruit) and vinegars i.e. salad dressings. Artificial sweeteners can irritate the bladder as well (Diet soft drinks can be a triple bladder whammy with artificial sweeteners, dyes and carbonation).

Ask your pelvic floor physical therapist to guide you in filling out a Bladder Diary to help determine the causes of your bladder irritation.

3

## Avoid Going to the Bathroom

### “Just in Case”

Your bladder is like a balloon that is designed to expand and fill. The bladder is sensitive to stretching, if you are constantly going “Just in case” your bladder will shrink and lose the capacity to completely fill. This means that you are essentially training your bladder to give you a signal to go to the bathroom when it is not full. This will cause the bladder to void more frequently, this often leads to urgency and leaks as well.

Next time you are about to go “Just in Case” ask yourself, ‘Do I really have to go?’ If the answer is NO, wait until you have the urge.

The good news is that the bladder CAN be retrained with pelvic floor physical therapy!

***REMEMBER..... Be The Boss of Your Bladder;  
Don't Let your Bladder Be the Boss of You!***

## 4

### Avoid “Camel Bladder”

Have you ever heard someone proudly say, “ I can hold my urine all day, I have a Camel Bladder?”

When people ignore the urge to void and continue to hold for hours, there may be too much pressure on the pelvic floor, the stretch receptors of the bladder become desensitized and/or lose the ability to contract as strongly to completely evacuate urine. This can cause leaking or even a complete bladder loss.

#### ***The Bottom Line..... Honor an Urge***

If you have been struggling with a camel bladder, you may need help to improve the sensation of the stretch receptors and the signals of your bladder. Find a pelvic Floor PT to help you!!

## 5

### Avoid “Power- Peeing”

The pelvic floor muscles should be completely relaxed in order to urinate efficiently. Avoid “Power- Peeing” or pushing out the flow of urine.

When you push out the flow of urine, the pelvic floor muscles become engaged and you are actually working against the natural mechanics of how the bladder should empty.

**BEST ADVISE.... Stay completely relaxed while you are on the toilet!!**

**6**

The “knack” - “Squeeze Before You Sneeze”

Leaking before you laugh, cough or sneeze happens when there is a sudden increase in intra abdominal pressure and your pelvic floor muscle cannot keep the door shut ( a.k.a urethral closure).

In order to prevent this, PAUSE what you are doing and perform a pelvic floor contraction (kegel) BEFORE you laugh, cough or sneeze. This technique is often referred to as “The Knack.” This will help the pelvic floor muscles protect you against the added intra- abdominal pressure and is a great functional way to retrain the pelvic floor muscles. Try exhaling + engaging the pelvic floor ( Kegel) for more support to prevent leaks!

**Pearls of Wisdom “Get the Knack of Doing the Knack!!”**

## 7

### **BREATHE!!!!**

So many people hold their breath without realizing it. Holding your breath during functional activities; whether it's getting up from a chair, lifting your toddler, getting out of the car or exercising at the gym will increase pressure on your bladder and your pelvic floor.

**This increase in pressure can cause urine to leak!  
To prevent leaks, be sure to BREATHE during all activities. For activities that require more effort try exhaling during the exertion for more core support.**

## 8

### **Avoid “Sucking in” or Gripping**

Many people develop a habit of flexing their abdominal muscles throughout the day. Sometimes it's because they were instructed to do so, because they believe it will help with their posture or in an effort to look thinner. Our bodies were not designed for us to grip/flex our muscles throughout the day. This creates a downward pressure on our bladder and can be causing bladder leakage.

**A word of wisdom: Don't walk around with your abdominal muscles flexed throughout the day! Learn how to use your deep core muscles to support you!**

**9**

## Get Pelvic Floor Physical Therapy!!!!!!

The tips I have provided above are foundational concepts for bladder health! However, the best way to end bladder leaking with long lasting results is to see a trained pelvic floor physical therapist.

It is important to get an individualized program based on your unique needs. Developing a personalized plan of care will ensure that all of your concerns are addressed.

A physical therapist can help you achieve the strength, support and coordination from your pelvic floor to support your bladder and help you return to activities that bring you joy **WITHOUT** the worry of bladder leakage.

**The therapists at Pelvicore Rehab LLC are experts in bladder retraining. They are experienced and knowledgeable in the latest techniques to stop Bladder Leaking. Remember....retraining the bladder and pelvic floor muscles is possible at any age!!!**

***"Don't wait to get help and become the boss of your own bladder to end bladder leaking."***

**For help call for an appointment:**

**(561)295-1631.**

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