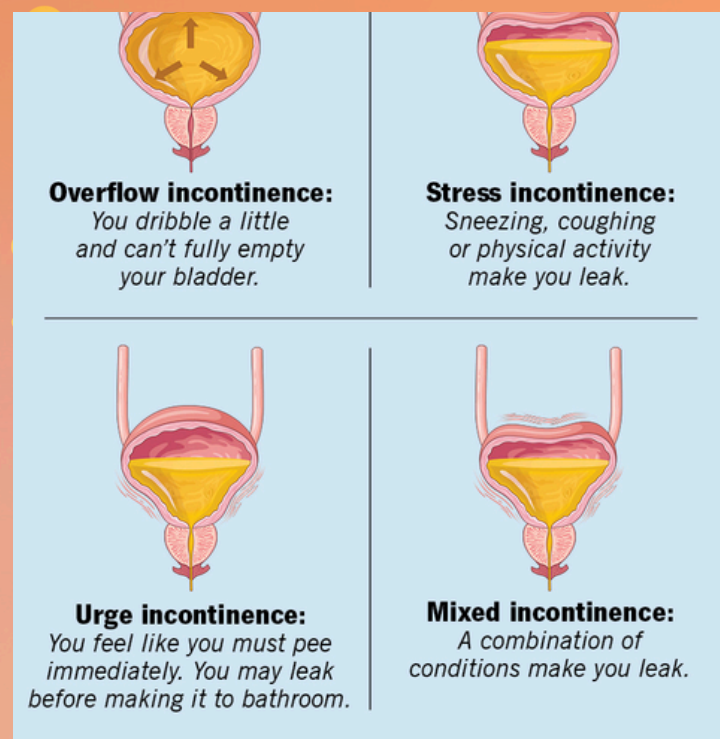
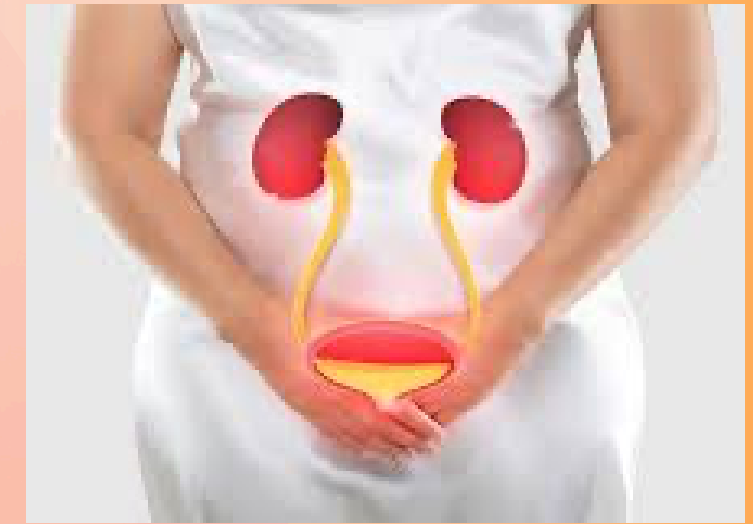


COMMUNITY EDUCATION PROJECT: URINARY INCONTINENCE

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URINARY INCONTINENCE



WHAT IS UI?

A person leaks urine by accident

It can range from drops of urine, heavy wetting, or not being able to hold any amount of urine

It's important to remember **UI is a symptom**

TYPES & SYMPTOMS

- Stress: most common form where it becomes difficult to hold urine as abdominal pressure increases
 - Examples: laughing, coughing, exercise, heavy lifting, and sneezing
- Urge: little to no warning where people are immediately rushed to the bathroom
- Mixed: combination of stress and urge
- Functional: inability to get to the toilet because of injury, lack of equipment, or dependence on a caregiver

OCCUPATIONAL CHALLENGES

- Rest & Sleep
- Social isolation
- Intimacy
- ADLs
- IADLs
- Work

PREVALENT POPULATIONS

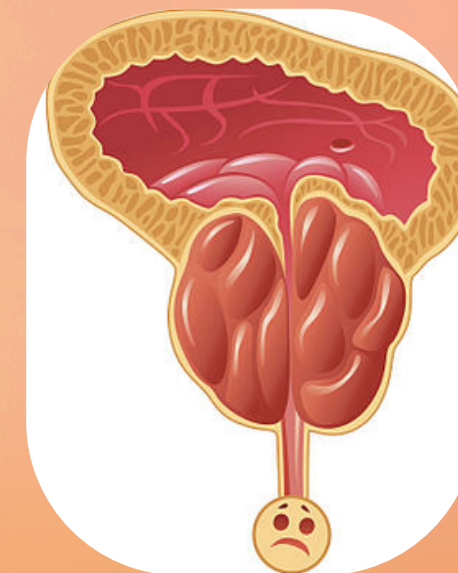
Female

- Pregnancy
- Postpartum
- Post-menopausal



General

- Tumors
- Neurological Conditions (MS, Parkinson's, CVA, SCI)
- Older age



Male

- Prostate Cancer
- Benign Prostatic Hyperplasia



RESOURCES

Why are they appropriate for this population?



LEVEL : EASY (ALL FITNESS LEVELS)

SEATED MARCHING WITH ALTERNATING ARMS AND LEGS (10 REPS, 4X/WEEK)

LINK: <https://youtu.be/WQiBvmj4IZA>

BENEFITS: Engaging the deep core muscles can increase pelvic floor strength and endurance. Each time the leg lifts, the pelvic floor must stabilize itself!

STANDING MARCHING (20 REPS- 10 PER LEG, 1X/DAY)

LINK: <https://youtu.be/sHiXz5fGXGk>

BENEFITS: This exercise simulates the movement of walking. With these marches, you will strengthen balance and improve pelvic floor muscles' stability.

PELVIC FLOOR STRENGTHENING EXERCISES

LEVEL : MODERATE

STRAIGHT LEG RAISE (10 REPS, 1X/DAY)

LINK: <https://youtu.be/K0V6hIT5M9w>

BENEFITS: By engaging the abdominal and pelvic floor muscles, it promotes coordination & stabilization of the pelvic floor each time the leg is raised.

OBLIQUE REACHES (10 REPS, 4X/WEEK)

LINK: <https://youtu.be/R14pVU2wuRY>

BENEFITS: By activating the deep core muscles, performing this exercise controlled improves muscle tone & supports the bladder needed for pelvic stability.



LEVEL : DIFFICULT

BIRD DOG QUADRUPED ALTERNATE ARM & LEG (10 REPS, 4X/WEEK)

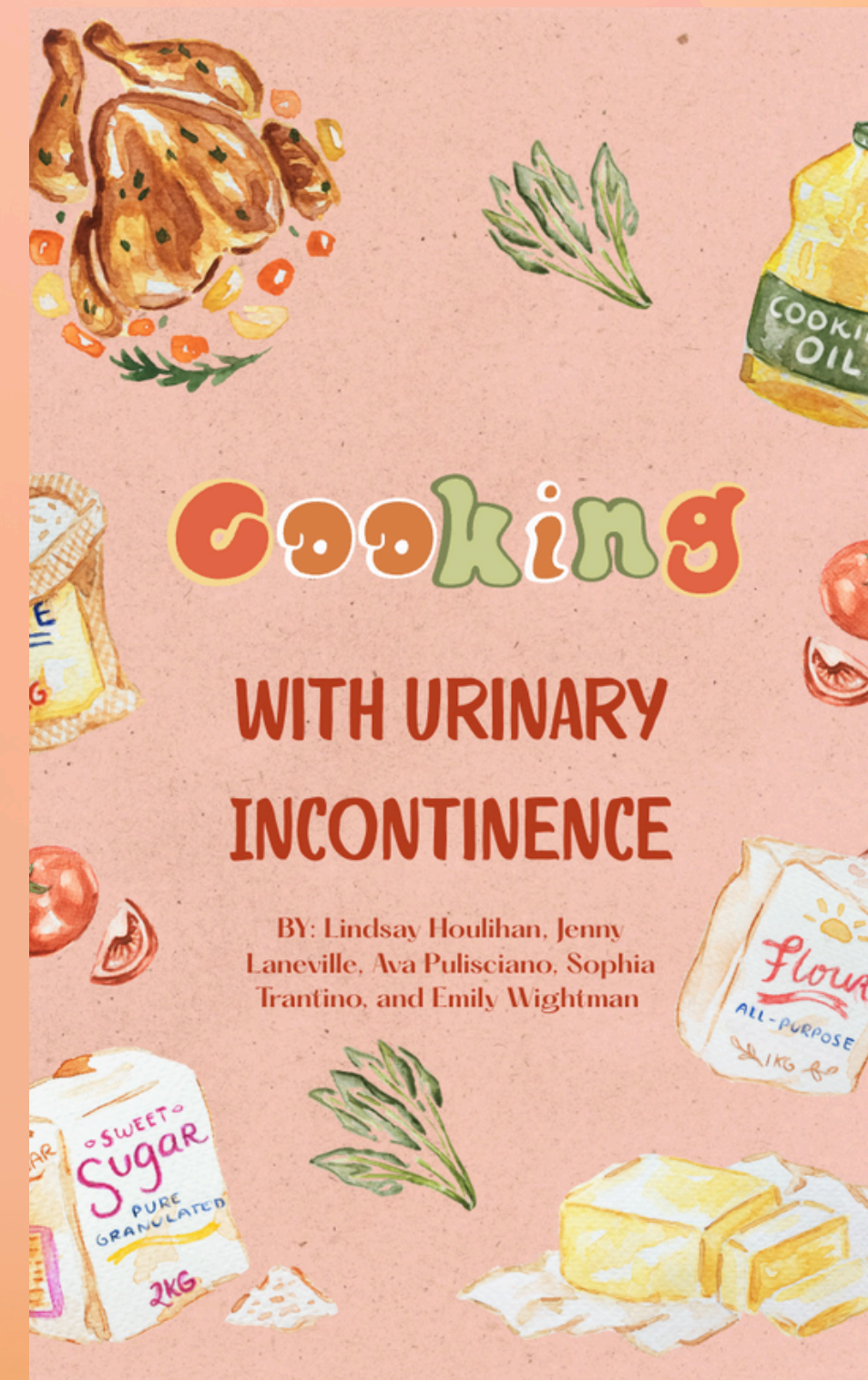
LINK: <https://youtu.be/qlcZKES3Xh0>

BENEFITS: Lifting opposite arms and legs challenges balance and coordination, while supporting the back and hips to help with posture and bladder control.

LATERAL LUNGE (10 REPS, 4X/WEEK)

LINK: <https://youtu.be/Z7iaLeTTGj4>

BENEFITS: Stepping and bending to the side challenges balance and hip strength, while contracting the pelvic floor to strengthen hips, legs, and core all while improving balance, flexibility, and pelvic floor control.



OT THEORY

BIOMECHANICAL FRAME OF REFERENCE

- RESTORING PHYSICAL FUNCTION BY:
- strengthening pelvic floor muscles
 - building endurance for incontinence
 - improving body mechanics

(HEGGE, 2025)

PERSON-ENVIRONMENT-OCCUPATION MODEL

➤ *PERSON*: encouraging independent management of symptoms, improvement of physical function, and motivation to prevent incontinence

ENVIRONMENT: modifying habits and diet to promote change

OCCUPATION: toileting, hygiene, health management, social participation

(SCHLEGEL, 2025)

LINK TO CLIENT FACTORS

WHO IS EFFECTED BY INCONTINENCE?

Older Adults

Women (postpartum, pregnant, menopause)

Individuals with

- neurological conditions
- cognitive impairments
- mobility impairments

WHAT CLIENT FACTORS ARE IMPACTED BY INCONTINENCE?

Sensory functions

Genitourinary and reproductive functions

Neuromusculoskeletal and movement-related functions

Emotional functions

HOW CAN THEY BENEFIT FROM OUR RESOURCES?

- Improve bladder control and reduce leakage
- Minimize urgency and frequency
- Support dignity and independence in toileting and community participation
- Improve quality of life by addressing both physical and emotional aspects of incontinence

HOW ARE THESE OCCUPATION-BASED INTERVENTIONS?

Cooking

Cooking falls under the occupation of IADL's

Symptom & Condition Management

Our cookbook and exercise plan can be used together to manage UI & its symptoms to aid in improving ones overall well-being!

Physical Activity

Physical Activity falls under the occupation of Health Management

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