

**9 QUICK EASY WAYS TO**

# **END BLADDER LEAKAGE**

**WITHOUT TAKING  
MEDICATIONS OR  
NEEDING SURGERY!**

**Dr. Brooke Kalisiak PT, DPT, WCS**

# About the Author

*Dr. Brooke Kalisiak PT, DPT, WCS*



Brooke Kalisiak PT, DPT, WCS, President of Legacy Physical Therapy LLC, is a board certified women's health physical therapist with a passion for treating people with pelvic dysfunction. She opened Legacy Physical therapy in 2008 in order to provide conservative options for women and men seeking pelvic health solutions

Brooke is a mother, a scholar, and an athlete. She completed her undergraduate degree at Princeton University in New Jersey, where she played NCAA Division I basketball for four years. She has a Doctorate of Physical Therapy and a Master of Science in Physical Therapy from Washington University in Saint Louis.

One of Brooke's missions is to dispel the myth that bladder leakage is a normal part of aging. To that end, she loves to empower people to regain control of their bladders without surgery or medications.

# Introduction

*Bladder leakage is never normal.*

*Let me say this again...*

*Bladder leakage is common, but it is NOT NORMAL!*

One in three women will experience bladder leakage in their lifetime. And if the Poise advertising department has anything to say about it the only thing that we can do about it is to buy pads to catch the leakage. I am here to say that we are not all marching down the path back to diapers! There are things you can do to eliminate bladder leakage without having to take medications or undergo surgery.

**Everyday I here quotes like the ones below from my patients.**

“I am unable to run and play with my kids because I will leak urine if I do.” - Kim age 27

“I had to stop going to my exercise class because of bladder leakage.” - Martha age 45

“Trampolines, are you kidding me? I haven’t been able to jump on one of those since before I had my kids.” - Mary age 36

“I know where every bathroom in Saint Louis is. Sometimes I even have to stop on my way home from work to pee even though I only live 20 minutes from work.” - John age 55

“I had my baby 6 months ago and I tried to get back to running, but I couldn’t go 1/2 a mile without bladder leakage.” - Ashley age 30

“My doctor told me that because I had 3 kids it was normal that I had bladder leakage, and when it gets bad enough I will have to have surgery to fix it.” - Lisa age 60

Do any of these quotes sound like you? If so... You are in the right place.

Congratulations on taking steps forward to reclaim your bladder health! Don’t let yourself be another statistic. You can make a change!!

# How to End Bladder Leakage Without Medication, Surgery, or Needing to Call Your Doctor

## 1. Avoid limiting fluid intake

You should not restrict fluids to improve bladder control. Decreasing fluid intake does decrease the urine volume; however, the urine becomes more concentrated. Concentrated urine, which is often foul smelling and dark yellow, is irritating to the bladder lining and often causes you to visit the bathroom more frequently and often increases urinary leaking episodes. Ideally, you should drink 6-8 cups (8 ounces each) of water per day. Drinking the appropriate amount of water daily allows for your urine to be diluted which in turn decreases irritation of the bladder. If you notice your urine smells foul or is dark, you most likely are not properly hydrated.

## 2. Avoid constipation and straining

When you are constipated the stool in the rectum can place pressure on the bladder and nerves and contribute to urinary urgency, frequency, and leakage. Repetitive pushing should also be avoided as long term straining can excessively stress the pelvic nerves, organs, and muscles which can not only lead to urinary leaking, but also contribute to pelvic pain.

### 3. Avoid liquids that irritate the bladder

Limit or avoid fluids that are caffeinated such as soft drinks, coffee, or tea. Carbonated beverages, alcoholic drinks, and milk can also be an irritant for some people. The aforementioned drinks are known to increase the irritability of the bladder, increase trips to the bathroom, and increase in urinary leaking in some people.

### 4. Avoid foods that irritate the bladder

Foods that are acidic are known to increase bladder irritability. Tomato based foods such as pasta sauce, pizza sauce, salsa, and ketchup can contribute to urinary leaking. Citrus fruits which include limes, lemons, grapefruits, and oranges contain high levels of citric acid. You should also be wary of spicy foods because just as they cause your eyes to water, they can also irritate the bladder lining. Spicy peppers are often contained in salsas and sauces so these can be doubly irritating as these dishes also contain tomatoes.

### 5. Limit the use of artificial sweeteners

Artificial sweeteners contain chemicals and dyes that increase irritation of the bladder lining. Bladder irritability can cause urinary urgency, frequency, and urinary leaking.

### 6. Squeeze before you sneeze

Sneezing causes a rapid increase in abdominal pressure which in turn places pressure on the bladder. When you feel a sneeze coming on you want to stop what you are doing and squeeze your pelvic floor muscles up to prep them for the extra pressure that is about to happen.

## 7. Squeeze & breathe when you lift

Breath holding with lifting is something that MANY people do. Next time you are lifting: groceries, laundry, your kiddos, or simply your own bodyweight out of a chair, check to see if you hold your breath. Breath holding increases abdominal pressure and places additional pressure on the bladder which can cause urinary leaking. Instead, exhale and squeeze your pelvic muscles as you lift to prevent urinary leaking.

## 8. Avoid going just in case

When you go every chance you get, even when you don't need to, it signals to the bladder permission to go as often as it wants - even when not full. Over time this leads to a shrinking bladder capacity, which causes the bladder to need to void more frequently because it can no longer hold an appropriate amount of urine before signaling the need to empty. The next time you go to urinate as a precaution ask yourself "Do I have the urge to go?" If the answer is no and you are just going out of habit, then don't go.

## 9. Get Pelvic Physical Therapy!

The best way to end urinary leaking is to see a pelvic physical therapist. Many people have trouble correctly identifying and using their pelvic floor muscles. Participating in one-on-one care in a comfortable and calm environment is the best way to learn how to care for your bladder and use your pelvic floor muscles well. You will leave with concerns eased and questions answered and have hope for the return of normal bladder function.

# Bonus Section

## 1. Learn to isolate your pelvic muscles

Proper performance of a pelvic muscle contraction (Kegel) should produce an isolated contraction of the muscles that surround the vagina, urethra, and rectum. You should not squeeze your buttocks together and you should not press your inner thighs together while you are performing a Kegel. If done correctly you should feel a gentle drawing in and lift of the vagina and anus.

## 2. Coordinate Breathing and Pelvic Floor Contractions

Did you know that your pelvic floor muscles are part of your deep core support system including your deep abdominals, deep back muscles, and diaphragm. Your diaphragm and pelvic floor should work in a natural rhythm together. Inhale and your diaphragm goes down, belly softens out and pelvic floor gently bulges. Exhale and diaphragm goes back up, belly comes in, and pelvic floor gently lifts back up. This sounds simple, but can take some practice.

## 3. Pay attention to your Stomach

You should not see a ballooning of your lower tummy when performing pelvic muscle contractions. The lower tummy should actually flatten a bit if you are performing the exercises correctly. Remember from Bonus Tip #2 The belly, pelvic floor, and diaphragm coordinate together.

# Conclusion

You now have 9 tips (plus 3 bonus items) that you can start **today** to decrease your bladder leaking. I could go much more in depth on ways to end urinary incontinence than the guidelines I have given here, but apply these fundamentals to start working toward becoming dry once again.

For more help and advice you can contact me directly:

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Carpe Diem,

## Brooke

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# Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Report.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical therapist advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the physical therapists at Legacy Physical Therapy.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.

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