

Women's Health Physiotherapy

Incontinence Affects One in Three Women

It is often hard to know what is "normal" or "abnormal" when it comes to toileting habits. These questions may help.

- Do you go to the toilet more than 8 times per day?
- Do you need urinate more than 2 times per night?
- Do you leak urine when you cough, sneeze, lift, laugh or with exercise?
- Do you find you cannot control the passing of wind?
- Do you pass water with excessive stopping and starting?
- Do you feel an urgent need to empty your bladder or bowel?

If you answer "yes" to any of these questions, you may be suffering from incontinence.

At Rehabilitation Clinic, we have women's health physiotherapists who can provide assessment and treatment in the management of conditions unique to women. Our women's health physiotherapy assessment may involve an internal vaginal examination which can allow the physiotherapist to properly assess any weakness, spasm or change to your pelvic floor muscles, thus to plan and provide individual pelvic floor training exercises, self-management strategies and education to you.

(Chinese version)

婦女健康物理治療

每三位女士，就有一位需要面對失禁的煩惱。以下的問題可以幫你進一步了解自己身體的狀況：

1. 你每天小便的次數是否至少八次或以上？
2. 入睡後到半夜要起來上廁所小便的次數是否超過兩次以上？
3. 當你在咳嗽、打噴嚏、提舉、大笑或在做運動的時候，有沒有發現有遺尿的現象？
4. 是否很容易或在不自覺的情況下放屁？
5. 在小便時，需要很用力排尿或小便後仍有殘尿感嗎？
6. 是否經常有突然想上廁所的感覺？

只要在以上問題當中，有一條符合你的情況，你可能已經有尿失禁的問題。理工大學復康診所
有專職婦女健康的物理治療師為應診者作評估。透過全面的盤腔檢測、盤底肌肉狀態評估，治
療師將為妳制定個人化訓練計劃及教授自我管理的技巧。