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facts about physiotherapy and incontinence in older people

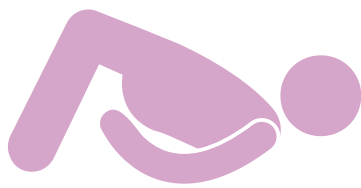


1

It's never too late to start pelvic floor exercises

A recent study on pelvic floor muscle training in older women found that such training can result in:

- a reduced levator hiatus area
- improved pelvic floor muscle strength and force
- decreased urinary incontinence symptoms.

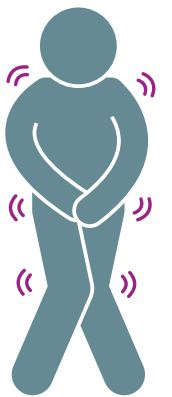


2

Bladder and bowel incontinence increases the risk of falls

The link between urinary and faecal incontinence and falls in older people may be caused through the combination of:

- impaired mobility
- reduced balance and altered gait while rushing to the toilet
- adverse movements to prevent leakage.



3

Incontinence is linked to social isolation, depression and declining health in older people

Urinary and faecal incontinence can severely affect quality of life and lead to shame, embarrassment and avoidance of disclosure that may result in:

- reduced activities outside the home
- increased functional impairments
- in-home and institutional care placement.



4

Nocturia can be a sign of complex health problems

While also a normal part of ageing, nocturia can be associated with more complex health problems and conditions such as:

- diabetes
- kidney disease
- heart failure
- sleep apnoea.



5

Incontinence in older people is under reported and undertreated

Up to half of all adults over age 65 experience urinary or faecal incontinence at some point but it is often under-reported or undertreated because of:

- social stigmas associated with the condition
- perceptions of it being a normal part of ageing
- patient beliefs that no medical intervention is required.



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