



# URINE CONTROL

## ✕ 6 Leaking Factors

### Bladder

Straining, power peeing, running to the toilet, holding too long, or going too often

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### Bowels

Constipation is the leading cause of bedwetting and contributes to bladder leaks

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### Risk Factors

Smoking, unhealthy weight, diabetes, menopause, surgeries

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### Pelvic Floor

Poor muscle strength, coordination, flexibility, and/or support

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### Support

Pelvic floor muscles that lack support may not function properly

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### Hips

Hips that lack strength and/or mobility may impact urine leaks

## + 6 Tips to Stop Leaks ✓

### Tip #1

Healthy bladder habits help reduce leaks

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### Tip #2

Pain-free, strain-free daily poops like a ripe, squishy banana

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### Tip #3

Reducing or eliminating modifiable risk factors

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### Tip #4

Healthy pelvic floor muscles have the strength, coordination & support to control urine

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### Tip #5

Using intra-vaginal support or external perineal compression supports the PFM and fascia

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### Tip #6

Healthy, strong, flexible hips may help reduce leaks

