



KITA SUGG
Exercise Physiology

Pelvic Floor Support for Bladder Leaks

Enjoyable Movement for Every Body

Understanding Bladder Leaks

If you notice small bladder leaks when coughing, laughing, sneezing, or exercising, you are not alone.

Bladder leaks are common in women and often occur when pressure inside the abdomen increases faster than the pelvic floor muscles can respond.

The goal is not to avoid movement, but to strengthen and coordinate the muscles that support the bladder through functional pelvic floor training.

Why the Pelvic Floor Matters

The pelvic floor muscles support the bladder, uterus, and bowel.

When these muscles are working well, they help:

- control bladder function
- support the pelvic organs
- manage pressure during lifting and exercise
- improve confidence with movement

Building functional coordination of these muscles can make everyday activities feel more comfortable and controlled.

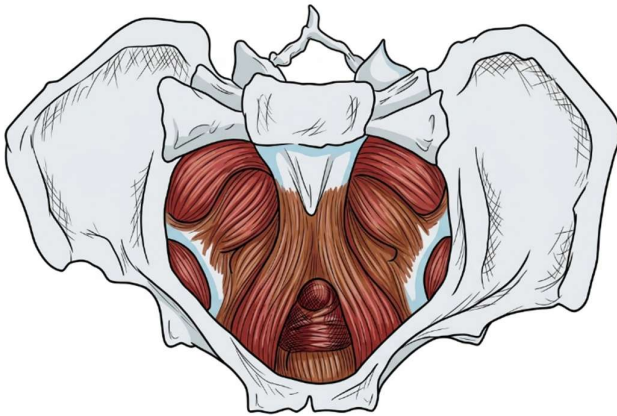
Simple Exercises

You should gently lift the pelvic floor on the exhale and relax it on the inhale, this is because when we breathe out, the diaphragm rises and pressure in the abdomen decreases slightly, which makes it easier for the pelvic floor to assist with support.

Pelvic Floor Activation (lying or sitting)

1. **Inhale** and relax the pelvic floor.
2. As you **Exhale**, gently lift the pelvic floor.
3. Hold lightly for a few seconds if comfortable.
4. Fully relax as you **Inhale** again.

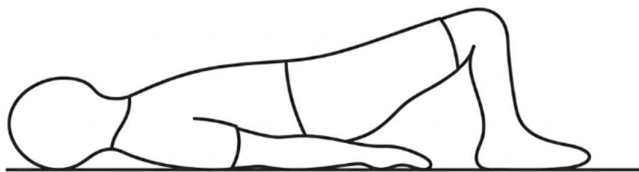
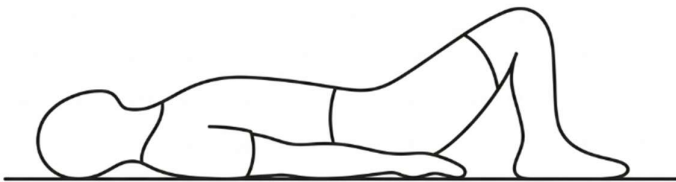
Repeat 8–10 times.



Glute Bridge

1. **Inhale** while lying on your back preparing.
2. **Exhale and gently lift the pelvic floor** as you raise the hips.
3. Pause briefly at the top.
4. **Inhale and relax** as you lower back down.

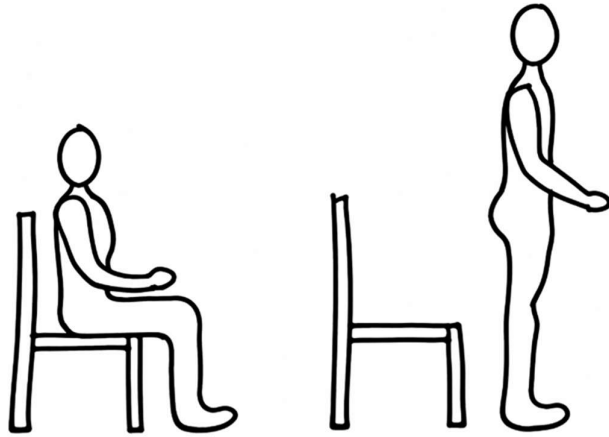
Repeat 8–10 times.



Sit-to-Stand

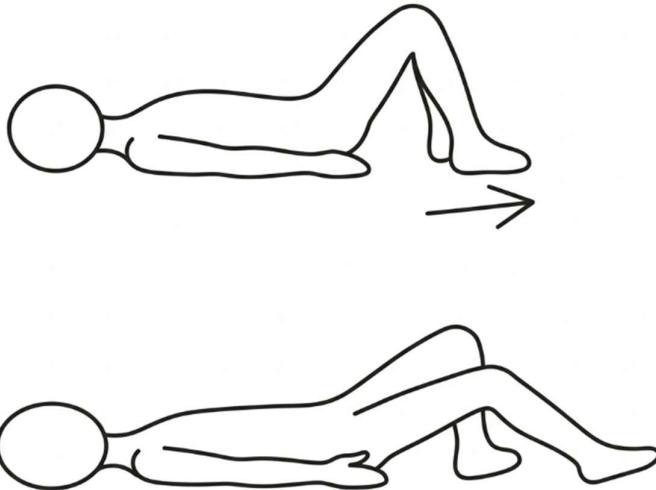
1. **Inhale** while sitting.
2. **Exhale**, gently lift pelvic floor, and stand up.
3. **Inhale** and relax as you sit back down.

Repeat 8–10 times.



Heel Slides

1. **Inhale** to prepare.
2. **Exhale** and gently activate pelvic floor as the heel slides away.
3. **Inhale** and relax as the heel returns.



Helpful Tips

- Avoid holding your breath during exercise
- Move slowly and with control
- Practice regularly rather than doing long sessions occasionally
- Build strength gradually

Takeaway

Bladder leaks are common, but they can often improve with the right exercises and movement support.

Small, consistent exercises can help build pelvic floor coordination and confidence with everyday activities.

Book a personalised Exercise Physiology session with Kita who will support you to get your confidence back.

Visit: www.kitasuggphysiology.com.au