

Go Against the Flow

Symptoms and risks

Should I lift and squeeze or seek a health professional?

- I have pain for no reason when I pee
- I leak pee often and have to wear pads
- I have pain during and after sex

Seek help from a pelvic health professional now
(<https://www.goagainsttheflow.org.au/girls-stuff/got-questions/>)

Leak small amounts of pee occasionally

Should consider getting help from a pelvic health professional
(<https://www.goagainsttheflow.org.au/girls-stuff/got-questions/>)

Leaked pee once

#IWorkOut #GoAgainstTheFlow
Do your pelvic floor exercises (P.F.E)

I'm at risk of developing bladder problems because:

- I do lots of high impact exercises
- I am overweight
- I am constipated
- I am pregnant
- I lift heavy weights
- I have an injury to my pelvic area

#IWorkOut
#GoAgainstTheFlow
Do your pelvic floor exercises (P.F.E)

I'm interested in prevention and having great health

#IWorkOut
#GoAgainstTheFlow
Do your pelvic floor exercises (P.F.E)

#IWorkOut

for further information visit:

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