

**MYTH BUST
NUMBER 2**

**"WEARING A PAD
WHEN I GO FOR A RUN.
IT'S NORMAL AFTER
CHILD BIRTH."**



***NO! INCONTINENCE IS COMMON BUT NOT NORMAL
AND YOU CAN DO SOMETHING ABOUT IT.***

Pregnant or up to one year after birth? If you are having pelvic health issues, you don't have to *just live with it*. Whether your symptoms can be managed at home (using online self-help tools) or you need specialist treatment, tailored advice and care is available to you. Simply visit letsgetbetter.online/pelvichealth, scan the QR code or speak to your midwife or healthcare professional.

