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INSTRUCTIONS FOR CONTROLLING URINARY URGE

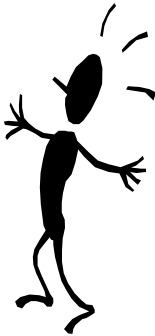
WHEN YOU EXPERIENCE A STRONG URGE TO URINATE:

FIRST Stop activity, stand quietly or sit down. Try to stay very still to maintain control. Avoid rushing to the toilet.

SECOND Contract your pelvic floor muscles by squeezing and letting go 5 to 6 times to keep from leaking or maintain a holding contraction if you feel as though leakage will occur if you relax the muscles. Pelvic floor contractions send a message to the bladder to relax and hold urine. Try to distract yourself by thinking of something other than going to the bathroom.

THIRD Relax. **Do not rush to the toilet.** Take a deep belly or diaphragmatic breath and let it out slowly. Let the urge to urinate pass by using distraction techniques and positive thoughts.

FINALLY If the urge returns, repeat the above steps to regain control. When you feel the urge subside, walk **normally** to the bathroom. You can urinate once the urge has subsided.



Urge feeling!



Stop and be still.
Begin pelvic floor
contractions.



Do **not** rush to
the toilet.



Think positively.
Distract yourself.