

# Pelvic Soul LLC Pelvic Floor & Core Rehabilitation

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#### Overcoming the hyperactive bladder

Here are some easy techniques to control the urge to empty your bladder, and reduce leakage till you can get to the toilet. These techniques may work with varying effectiveness based on the unique characteristics of your pelvic floor.

## Don't Panic!

Anxiety increases the adrenaline in your system, which increases the urge to go NOW.



## Do a Kegel

This is one of the times the Kegel is your friend - pull your Pelvic Floor up and squeeze the openings shut



#### Sit on a hard surface

This puts pressure on your pelvic floor helping you to hold urine in. Breathe \*comfortably\*



# **Breathe and Wait**

Breathe in & out calmly (close your eyes if you have to) and do a few kegels. Wait for the urge to pass



# Walk, don't run

Sing a silly song/rhyme (Old Mac'Donald) or count slowly (1 Mississippi...) as you walk to the bathroom.

This gives your brain the chance to shift focus from the urgency.



# Keep at it

Continue the above till you're safely on the toilet. Looking at the toilet or undoing clothing can make some people leak. Stay distracted till you're seated.

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