



**Acu Rehab Med**

*Empowering Wellness, Restoring Function*

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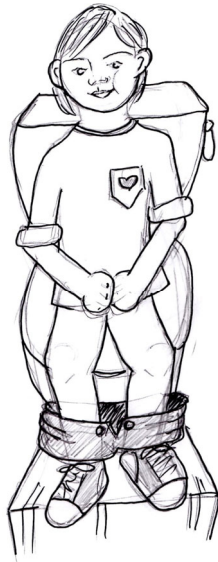
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## FINDING YOUR BLADDER

Sometimes it's hard to know where your bladder is in your body and if it has urine in it. Here are some steps to help urinate at the scheduled time even if you don't feel that you have to. This exercise helps you wake up your bladder and remind it of what it is supposed to do when you sit on the toilet. It is important to keep your pelvic floor muscles relaxed during this technique.

### Getting Started

- Sit properly on the toilet. Don't let your feet dangle. Always have your feet supported with a step stool or squatty potty. Relax your pelvic floor muscles.
- Place your hands just above your pubic bone in the front- your therapist will help you find it.
- Give you bladder a quick push.
- Repeat the push 3-4 times to help get the urine stream going.



### TIP!

Sometimes this does not get the urine stream going, but it does create a feeling of having to go potty and stimulates the bladder to squeeze the urine out while the pelvic floor is relaxed.

Even if it doesn't happen at first keep trying each time you sit to go potty. Soon it will start to go on its own.