



Acu Rehab Med
Empowering Wellness, Restoring Function

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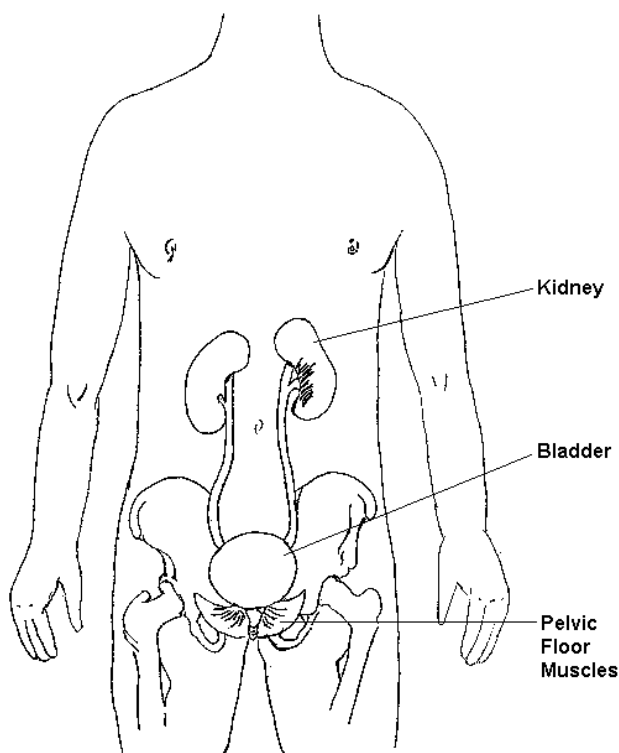
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HOW THE BLADDER WORKS

Your bladder is a special kind of muscle that contracts and relaxes just like the biceps muscle in your arm. Your bladder muscle is different because you can't tell it when to work or not work. Your bladder is like a big water balloon with a tube called the urethra that goes to the outside of your body. The urine or pee comes out of the urethra when you go to the toilet to urinate.

How we make urine

There are two organs in your body called kidneys. They look like kidney beans like you eat in chili! When you drink, the fluid that you drink goes through your kidneys. Your kidneys then take out all the good things your body needs and filter out the rest of the fluids (like a strainer for spaghetti) into your bladder. The ureters are tubes that connect your kidneys to your bladder. Your bladder gets filled up with urine about 15 drops per minute. You can find your bladder just above your pubic bone. Your therapist will help show you where that is.



Pelvic floor muscles

The muscles all along your bottom are called Pelvic Floor Muscles. They help a lot with bowel and bladder control. When these muscles are working they tighten to make sure that no pee, gas or poop comes out when you don't want it to. If you ever have to pass gas and you're with your friends playing and you really don't want to pass gas right then, these are muscles that you tighten so that gas doesn't come out. They also tighten up when you feel like you have to go to the bathroom but there isn't a toilet around and you need to wait.

The pelvic floor muscles are wrapped around the tube that leaves your bladder where your urine comes out (the urethra) and around your bottom where gas comes out.

How we get rid of urine

Once your bladder gets full, it tells you by giving you a feeling in your lower belly or your bottom that you have to go to the bathroom. Once you get to the bathroom and sit on the toilet, it's time to let your bladder do its job. It does this by making sure the muscles all along your bottom, or pelvic floor, are relaxed. When you get a feeling of fullness in the lower part of your belly, you need to listen to it and go to the bathroom to empty your bladder and put the urine into the toilet.

Once you get to the bathroom, you need to be able to relax your pelvic floor muscles so your bladder muscle can squeeze out all of the urine that got to your bladder from your kidneys.

When you sit down on the toilet, your pelvic floor muscles relax and your bladder squeezes and the urine can easily flow out into the toilet.

It's **very important** to make sure all of the urine comes out. If your muscles start to close off the opening before your bladder is completely empty, you have a very unhappy bladder. Then the urine has to stay in your bladder until the next time you go to the bathroom. This urine sits around and can even go backwards up into your kidneys when your pelvic floor muscles squeeze the opening closed. This can cause a lot of problems or an infection in your kidneys and make them unhappy too!

Remember!!!

Listen to your bladder when it tells you it's full. Relax your pelvic floor muscles when it's time to go!