

# Tips for Controlling Bladder Urge

Prevent leaking on your way to the toilet

EMERGE PHYSICAL THERAPY & WELLNESS

- **Stop** - stand or sit quietly to maintain control
- **Pelvic Floor Contraction** - Contract and Relax 5-6 times or maintain a contraction. This gives a message to your bladder to relax and hold urine
- **Relax** - distract yourself and do not rush to the toilet
- **Walk Normally** - urinate once the urge has subsided

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