

The Urge Strategy, In 6 Steps

1. Stop what you are doing and stay put. Sit down when possible, or stand quietly. Remain very still. When you are still it is easier to control your urge.
2. Squeeze your pelvic floor muscles very quickly several times. Do not relax fully in between.
3. Relax the rest of your body. Take a few deep breaths to help you relax and let go of your tension.
4. Concentrate on suppressing the urge feeling.
5. Wait until the urge subsides.
6. Walk to the bathroom at the normal pace. Do not rush. Continue squeezing your pelvic floor muscles quickly while you walk.

Service Hours: 8:00 a.m. - 7:00 p.m. Monday
(Facility hours may vary) 8:00 a.m. - 6:00 p.m. Tuesday, Wednesday, Thursday
8:00 a.m. - 1:00 p.m. Friday

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