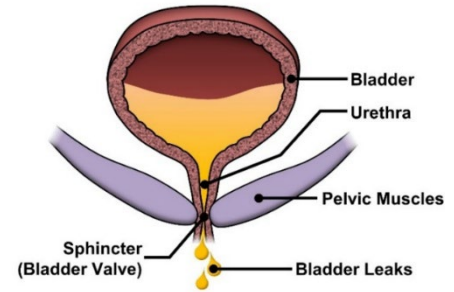


“The Knack” – A Clever Body Skill to Stop Bladder Leaks

A Simple Squeeze Can Make a Big Difference!

✅ What Is “The Knack”?

The “Knack” is a trick—or more precisely, a **clever body skill**—that involves **squeezing your pelvic floor muscles at just the right time** to stop bladder leaks (urinary incontinence). By learning and practicing the Knack, you can often prevent urine from leaking out of your bladder.



🕒 Timing Your Pelvic Muscle Squeezes

The Knack is **all about timing**. You squeeze your pelvic muscles **right before and during** any activity that puts pressure on your stomach and bladder—like coughing, sneezing, or lifting. This **pelvic muscle squeeze** helps tighten the **valve (sphincter)** in your urethra and prevents urine from leaking.

When to Do the “Knack”

Start by identifying your **personal leakage triggers**—any activity that tends to increase pressure in your abdomen. This might include:

- 🤧 Before a cough or sneeze
- 😂 While laughing
- 🪜 When climbing stairs
- 🪑 As you stand up from a chair or bed
- 🛒 While bending, lifting, or carrying something heavy
- 🏃 Before or during exercise or jogging (if possible)

In these moments, **do a gentle pelvic muscle squeeze**:

- **Before a cough or sneeze**, squeeze and hold your pelvic muscles throughout.
- **Before standing up** from a chair or bed, squeeze your muscles, then stand while holding the squeeze.
- **Before bending to pick something up**, squeeze, then stand back up still holding the muscles tight.
- **During exercise**, if squeezing during motion is too hard, pause your activity, do a few muscle squeezes, and resume.

💡 Even if you forget to squeeze and a leak happens, don’t be discouraged—go ahead and squeeze your muscles anyway. While it won’t stop the current leak, it trains your muscles to respond the next time. Over time, this can become automatic.

Make the “Knack” Part of Your Daily Routine

Repetition builds habit. Make pelvic muscle squeezes part of your daily activities, like:

- While brushing your teeth
- When waiting at a stoplight
- While reading or watching TV
- During a walk
- While talking on the phone

The more often you practice, the easier it becomes to **use the Knack when it really matters**