

Summary of Coaching Call 3/1/18- Kathy Dillon

1. Increase Voiding Interval to 2 hours or as tolerated.
2. Increase water intake as we spoke about. Be gradual with your increase. So increase by 8 oz per day. Pay attention not to do this too fast and listen to your body and bladder.
3. **Dilator:** Place inside the vagina up to the third layer and practice your reverse kegel and breathe work. Do one set of 10 reps: Breathe into your pelvic floor muscles for a count of 5. Hold the stretch at the bottom of the reverse kegel for a count of two and repeat 10 times. The goal here is to learn how to release the pelvic floor muscles so you have a complete urination and don't feel like your bladder is full after you urinate. This exercise will also help you to release the spasms within your pelvic floor. You can do 3 sets of reverse kegel a day. It would be good if you could do one set of the Reverse Kegel with the dilator inside the vagina to create a better mind body connection.
4. Pay attention to when the **bladder implodes** because it will give you hints as to what is aggravating it and track it in the voiding log.
5. **Continue to do the voiding logs.** One during the week and the other during the weekend and send them to me before our sessions so I can progress your program. Do this every week and send to me.
6. Use the **potty posture** on the lower toilet in your place. Place a couple of books under your feet or get a squatty potty. DO NOT PUSH with urination or defecation. This will hurt your prolapse.
 - Initiate the flow of urine with a reverse kegel (review module 3- only the reverse kegel part)
7. Two manual techniques that will work well with you are the supra-pubic trigger points and the bladder massage.(review module 6)
 - Suprapubic Technique:**
 - When performing a suprapubic trigger point release on your irritation points press slowly and for up to 90 seconds.
 - Avoid pressing to hard and stay below a level 3 pain (0 = no pain and 10= worst pain ever)
 - Look for irradiation points. You can do this daily or every other day (review module 6)
 - Bladder Massage**
 - place your finger tips at the middle lower part of the pubic bone and massage upwards towards lower part of the belly button. 20 times daily or every other day.



8. Distraction method that buys you more time to get to the bathroom
 - Kegels- fast ones
 - Slow breathing- diaphragmatic breathing- slow and deliberate.
 - Mantra- say the word Slow
 - Distract your mind- Think of something that relaxes you or brings you joy

9. Trust your body and when in doubt don't do it. Send me an email and I will help you out if you get confused.