

Pelvic Floor Awareness for Easier Urination

1. Understanding Your Pelvic Floor

You have two main sets of pelvic floor muscles that work together like a supportive sling. The back part (near the anus) helps control bowel movements, while the front part (around the urethra) helps control urination. When working with urination, the goal is to gently release the front sling — a soft, forward melting sensation rather than a push.

2. Feeling the Difference: Urination vs. Defecation

Function	Location	Action	Helpful Cue
Urination	Just behind the pubic bone, at the base of the penis or clitoris.	A soft release, widening, or gentle forward opening of the front sling.	“Let the urine flow naturally. Imagine widening the opening of a straw and letting it move forward on its own.”
Defecation	Near the tailbone and anus.	A downward or backward bulging or bearing-down motion.	“Release down and back, toward your tailbone. Imagine letting go in that direction.”

3. Encouraging Allowing, Not Forcing

When you urinate, think of allowing rather than doing. You’re not pushing the stream out — you’re simply getting out of its way. Try using imagery and breath-based release to help your body soften:

- Imagine melting butter — warmth spreading forward and softening the base of the pelvis.
- Let the front of your pelvis feel open, like the base of a funnel.
- As you inhale, let your breath drop into your belly; as you exhale, keep the area soft and open.

4. The Role of Breathing

Your diaphragm and pelvic floor move together. When you inhale, both descend gently. When you exhale, they rise. During urination, let the inhale soften the pelvic floor and the exhale maintain that openness. This promotes flow without effort.

5. Common Mistake to Avoid

Avoid bearing down or pushing to try to start your stream. That's actually the defecation pattern — the muscles tighten at the front and make it harder to urinate. Instead of bearing down, imagine melting or widening forward.

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