

Scratch your leg, stall that pit stop

August 3 2006

Australian women needing to suppress the urge to visit a toilet should scratch the back of their leg, a local health expert said.

Physiotherapist Janetta Webb, a continence specialist, told a medial gathering this was a short-term cure for many women when they felt their bladders were bursting, The Age newspaper reports.

"If you scratch, or rub, the back of your calf vigorously, you may interrupt the message from your bladder to your brain just long enough for you to make it to the toilet," Webb said.

Webb works for the Jean Hailes Foundation for Women's Health, which has joined with the Continence Foundation of Australia to raise awareness of continence.

Copyright 2006 by United Press International

Citation: Scratch your leg, stall that pit stop (2006, August 3) retrieved 3 May 2024 from <https://medicalxpress.com/news/2006-08-leg-stall-pit.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--