

Tripod Urination

Pete Matthews, Jr. – <http://3nt.xyz> – © May 6, 2020

Many older men have difficulties with urination. Here is a plan that can help with this:

1. Stand over the water. There will be drips.
2. Stabilize your feet comfortably apart, wider than your shoulders. If the floor is slippery, or if the next guy is in your space (urinals too close together), move to a toilet in its own cubicle.
3. Open your fly and get ready.
4. Form a tripod between your upper body and your heels (see below), and put some weight on it.
5. Concentrate on relaxing your groin and creating a flow – no multi-tasking or daydreaming!
6. Oops, mind wandered. Start over.

Forming the Tripod

The simplest way to form the tripod is to put your palm or forearm on the wall in front of you. A shelf or cabinet there can actually be helpful. If a picture is there, you won't want to lean on the glass, but no big deal. There will usually be a wall or sink next to you. Turn toward it and realign your feet to be comfortable, while keeping you over the water.

You could also lean your forehead on a cabinet, grab a handicap bar, or grab the plumbing knob on top of the urinal. The key is to add a pod that stabilizes the body. The best positions for your hand are shoulder height or somewhat below, and almost directly in front of your shoulder.

After forming the tripod, put some weight on the upper pod, shift most of your weight to your heels, and relax your feet. (If your third pod is a grab, you have the option of leaning in or back.) The point of the tripod is to be stable and otherwise as relaxed as possible.

Conventional Wisdom

The conventional wisdom is to try sitting down, which is definitely better than standing without the tripod. However, I can always pee more with the tripod than sitting. Of course, I'm just one guy, so you'll need to come to your own conclusion. I'm definitely not the first to figure this out; I've seen old guys during intermissions at plays apparently curled around their urinal, forearm on the wall.

Why the Tripod Works

Stand up with your feet comfortably apart, and either clasp your hands behind your back or put them in your pockets. Relax and stand absolutely still for a minute. You should feel your feet adjusting your balance, to keep you from falling over. These little adjustments go up your legs and prevent you from relaxing your groin; the tripod fixes this. (Older men need this because they have worse plumbing and balance than younger men.) Sitting works the same way, especially if you brace your upper body. I theorize that sitting can put a slight kink in the plumbing, which is why the tripod may work better.

Further Information

Jane E. Brody's articles are a fine place to continue:

<https://www.nytimes.com/2019/08/26/well/live/alternatives-to-surgery-for-an-enlarged-prostate.html>

<https://www.nytimes.com/2020/03/02/well/live/before-prostate-surgery-consider-active-surveillance.html>