

Credé Maneuver

1. Have the patient place their right thumb on their right hip bone and their left thumb on the left hip bone.
2. Extend fingers towards their mid-line, at the level of the umbilicus gently press in on the abdominal wall.
3. Ask the patient to bend forward.
4. The patient then moves their hands down smoothly towards the pubic bone, while pushing in on the abdominal wall.
5. Once they reach the level of the pubic bone, push deeply inward and downward to help empty the bladder.