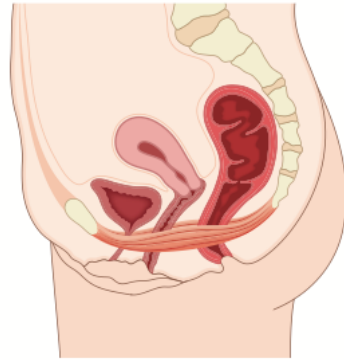




## The Pelvic Floor:

### The functions of the Pelvic floor:

- Organ support
- Core stability and strength
- Circulation – helps promote good blood and lymphatic circulation
- Sphincter function – urine and fecal
- Sexual function – plays a role in orgasm



\*\*\* **Did you know:** that Pelvic Floor Muscle training = the best first-line treatment for stress and urgency incontinence (aka leaking urine)

→ **Yes!** – most symptoms of pelvic floor dysfunction (including leaking and prolapse symptoms) can be treated or prevented with pelvic floor training

### How can I do a good pelvic floor contraction?

- **1.** Get a good inhale (sloowwwlyyy: and let the pelvic floor relax on the inhale)
- **2.** Start your exhale and imagine you are pulling your pelvic floor upwards – “trying to pick a blueberry up” between your front hole (vagina) and your back passage (rectum)
  - Purse your lips to help make your exhale nice and long
  - You may feel like your lower abdominals engage while you do this – if you don’t, you can try and coordinate them together consciously
- **3.** Relax again
  - You must also focus on having an adequate relaxation phase so you can get a good contraction for the next rep
    - The pelvic floor will only have a strong contraction if it is tightening from a relaxed position

### Use this method to perform challenging tasks/lifting tasks:

1. Inhale & relax pelvic floor

2. Start your exhale, engage pelvic floor and lower abs
3. Lift
  - This will help to create a brace and protect the pelvic floor from too much pressure when you do things that increased intra-abdominal pressure (which can place pressure downwards on the pelvic floor)

The Pelvic floor works *together* with the rest of the torso → so by working on breathing, posture, pressure management and general overall strength you will be helping to support the natural health of the pelvic floor!

- Cue for posture: Imagine as if there is a string pulling the very top of your head up towards the ceiling – stand tall
  - This will reduced pressure at the front of your pelvic floor (aka where the pee comes out!)