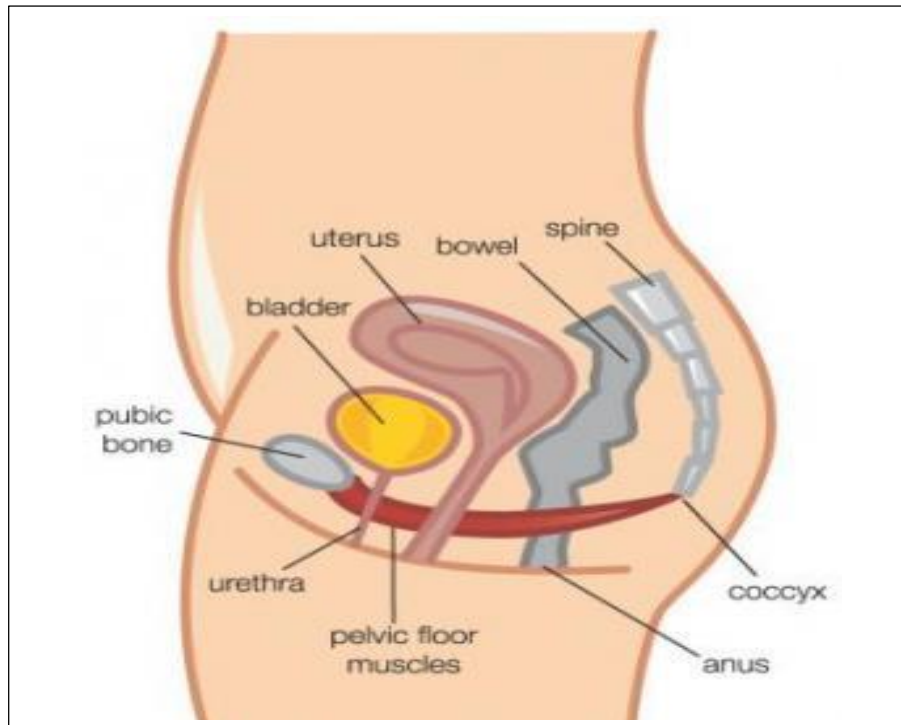


Your Pelvic Floor



Your pelvic floor runs from the front to the back like a sling. It is made of muscle fibers, fascia and ligaments and any of these important structures can be the problem.

Through this muscle pass the urethra, the vagina and the anus.

In this picture it looks just like a simple muscle but actually it has many parts and is very complex. Thank goodness, when you exercise it you treat all these muscles as one.

A normal strength pelvic floor:

- You should be able to hold in a tampon.
- You should be able to feel and see it contract.
- You should never leak – at any age.

Stopping your urine mid flow is not a test of pelvic floor strength and should not be done.

And, it's not normal to get up at night to go to the toilet!

Take Action:

***If you think you have a problem, know that it
WILL NOT GET BETTER BY ITSELF!***

See your Pelvic Floor physiotherapist for a full assessment and program.