



My Pelvic Floor Top Tips



1 What is the pelvic floor?

- There are deep and superficial pelvic floor muscles and they all offer support in different ways.
- The pelvic floor muscles are like a hammock and support your organs – bowels, bladder and uterus.
- You can have an over tight / hypertonic pelvic floor - it can lead to back pain and leakages.

2 What can or can't you feel?

- Start thinking about what you can/can't feel in the pelvic floor.
- If you are doing exercise and find you 'can't hold on' and leak a bit then it is time to get it checked out.

3 What can you do to help?

- Do try and focus on relaxing/releasing the pelvic floor muscles as well as engaging them – it is just as important.
- Whenever you are lifting/pushing/pulling something heavy think about a quick 'squeeze' of your orifices - put crudely - hold a fart and a wee then gently try and lift them upwards.
- By breathing and NOT holding your breath you can support the pelvic floor muscles and not bear down on them to cause intra-abdominal pressure.

If anything doesn't feel right in the pelvic floor then ALWAYS ask your GP to be referred to the local Women's Health Physio's or get in touch & I will give you details to local private ones and advice.

