

Pelvic Floor Health

What is the pelvic floor? Why is it important to your health?

The pelvic floor is a bowl-like structure of muscle and tissue in the pelvis. It supports the reproductive organs and health, bladder, urethra, and bowel health. It supports the vagina and uterus in female reproductive organs as well as the prostate in male reproductive organs. Pelvic floor health is vital to:

- posture
- reproductive organs
- bladder
- urethra
- rectum
- spinal health
- hip health

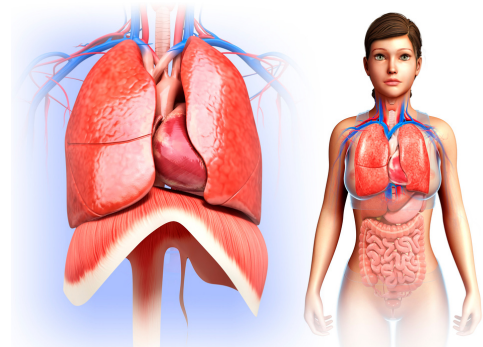
Injury, damage, or weakening of the pelvic floor can lead to difficulties urinating, pooping, pelvic pain, or inflammation. Childbirth, constipation, lots of heavy lifting often, being overweight, are ways the pelvic floor can experience injury.

Common pelvic floor problems include:

- urinary leakage while sneezing or coughing
- urinary incontinence
- GI issues
- pain with sex (penetration)
- vaginal flatulence
- organ prolapse
- pelvic inflammatory disorder
- pelvic pain

Breathwork

The diaphragm is connected to muscles that support the pelvic floor. Taking inhaled breath to expand your belly or from your diaphragm can support pelvic floor health and the nervous system.



“Pelvic floor therapy should be the standard of care after birth.”

-Sara Reardon, Pelvic Floor Therapist



EVERYTHING IS CONNECTED!

The pelvic floor is connected to the muscles in the pelvic cavity, lower spine, and abdominals. These are connected to the low back, hip and leg muscles and tissue, diaphragm, lungs, throat. They work together when we breathe or move. Pelvic floor health is important before pregnancy, during pregnancy, in postpartum, menopause, and throughout life. Pelvic floor health needs to include movement for the other parts of your body. This is a guide for stretches and breathing you can do to begin including the pelvic floor in your health and wellness practices.



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MOVEMENT

Yoga for the Pelvic Floor

These are movements you can do daily to support your pelvic floor. They are safe to do during pregnancy and when you've been cleared to resume physical activity postpartum. Choose a pose to do for 30 seconds on each side, for a total of 1 minute. Work your way up to one minute on each side. Remember to breathe in to expand your belly and relax the pelvic floor, exhale to allow the pelvic floor to contract and lift.

Stress & anxiety relief



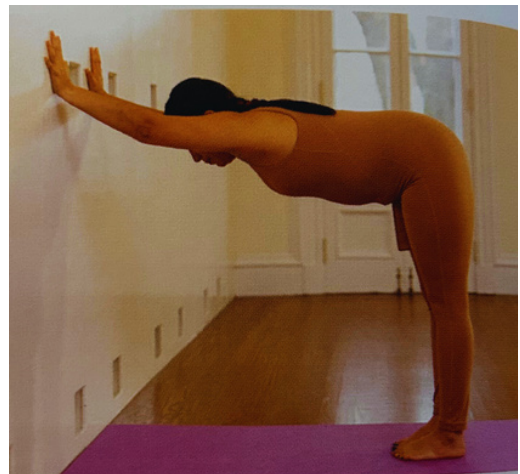
Release spinal tension



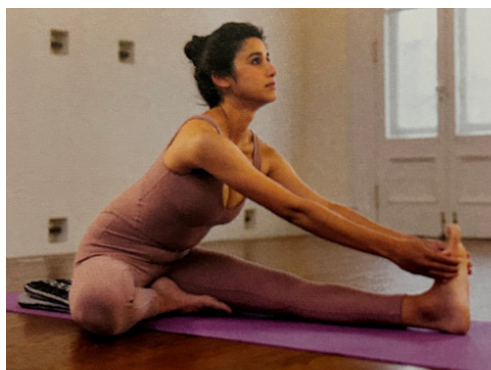
Hip alignment w/wall



Tone abs & support pelvis



Tone PF, lengthen spine



Tone abs & support pelvis

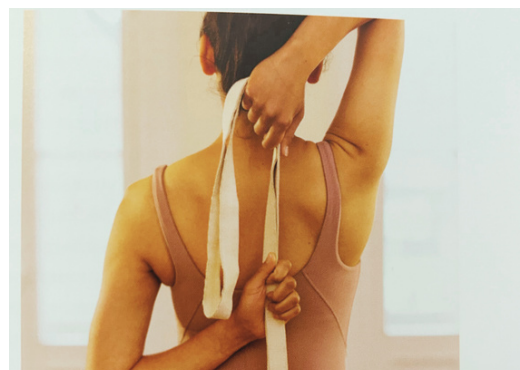


Image source for educational purposes:
Yoga for Pelvic Floor and Postpartum Health by Rebecca Weisman & Meagen Satinsky



Pelvic Floor Resources

Websites

[Yoga for Pelvic Floor](https://www.arhantayoga.org/blog/yoga-for-pelvic-alignment/) <https://www.arhantayoga.org/blog/yoga-for-pelvic-alignment/>

[The Pelvic floor](https://www.thewomens.org.au/health-information/pregnancy-and-birth/a-healthy-pregnancy/the-pelvic-floor) <https://www.thewomens.org.au/health-information/pregnancy-and-birth/a-healthy-pregnancy/the-pelvic-floor>

Books/Audiobooks

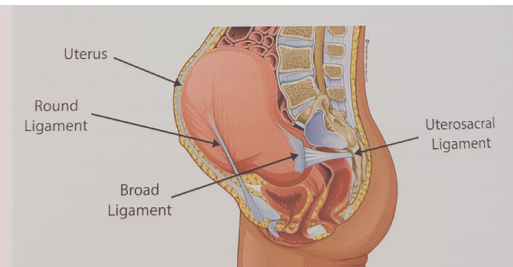
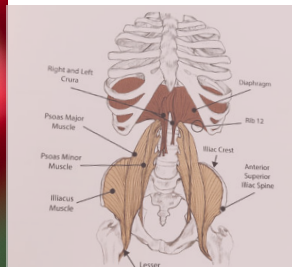
Yoga for the Pelvic Floor and Postpartum Health by Rebecca Weisman & Meagen Satinsky

Floored: A Woman's Guide to Pelvic Floor Health at Every Age and Stage by Sara Reardon (available in audiobook)

Socials

Pelvic Floor Therapist [@the.vagina.whisperer](https://www.instagram.com/the.vagina.whisperer)

Pelvic Floor in pregnancy and postpartum, [@pelvicfloormama](https://www.instagram.com/pelvicfloormama)



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