



Pelvic Floor PT



Overview

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- What is the pelvic floor?
 - 3 common issues and tips

3 common areas of concern:

Leak with jump or sneeze

This is referred to as stress incontinence.

Constant run to the bathroom

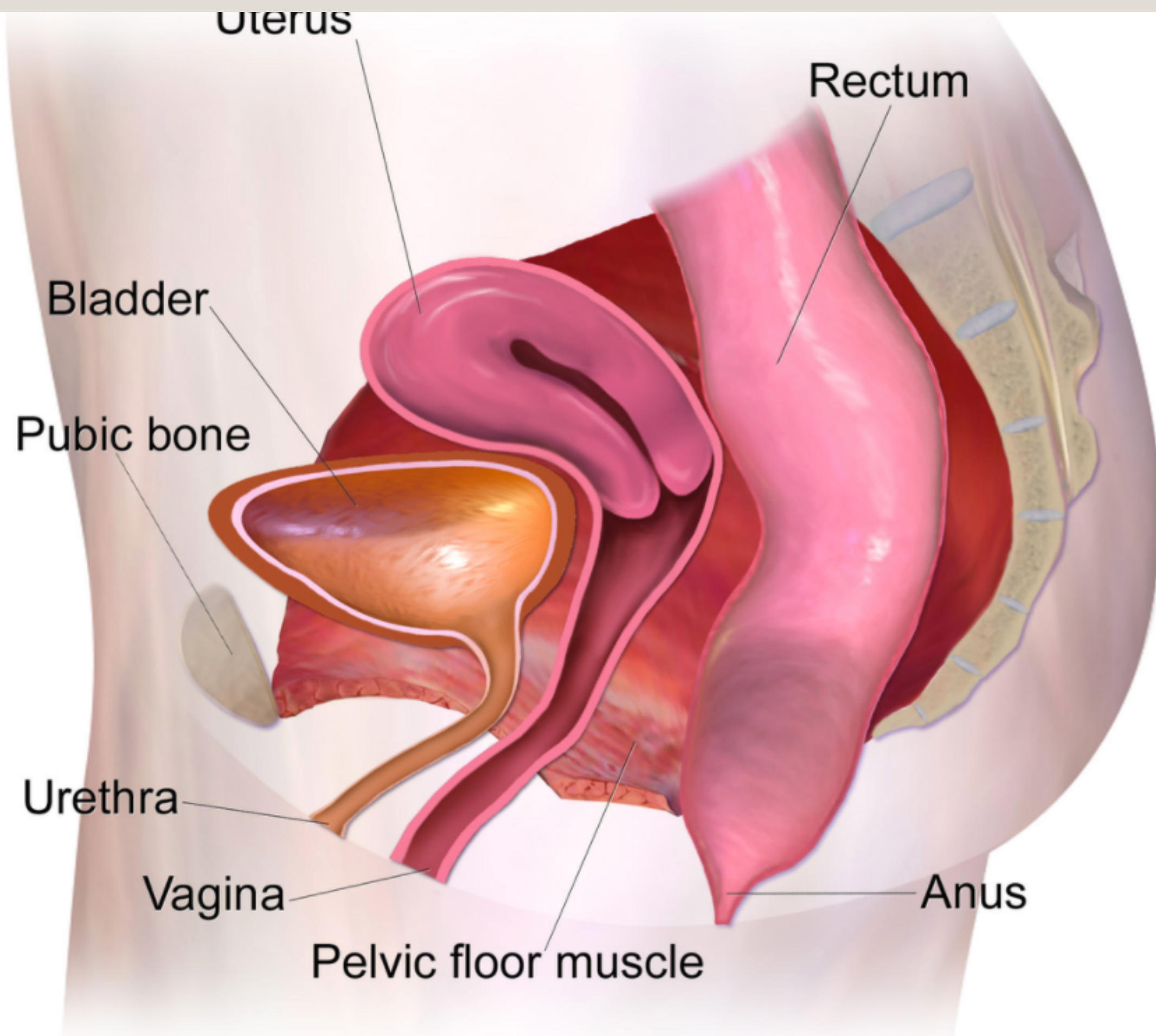
This is referred to as urgency.

Diastasis Recti

This is thinning and weakening in our abdominal wall that happens during pregnancy.

The goal for this presentation is to help you understand your body and give you 1 thing you can work on to possibly help your symptoms.

Female Pelvic Muscles



side view of
female pelvic
muscles

They are different than other muscles in the body in that they form a bowl or hammock and they rarely work in isolation.

Different view of Female Pelvic Muscles

- Whole pelvis
- Interconnected with the spine
- Bowl holding internal organs





Do I breathe correctly?

Take a deep breath and notice what happens. Did your shoulders rise? Did your stomach go in or out? Now, place 1 hand on your ribs and 1 on your belly. Breathe in through your nose and feel your ribs expand and your belly rise. As you breathe out, belly goes in and ribs go down. Think of an umbrella (opening with breath in and closing with breath out)

This may not come natural, but continue to work on it as it is very important for overall health!

TOILETING TIPS FOR BETTER BOWEL MOVEMENTS

Your pelvic floor needs to relax in order to allow for bowel movements to pass unhindered. When the pelvic floor does not relax during toileting, it can lead to problems of incomplete bowel emptying, straining with bowel movements, painful bowel movements, hemorrhoids, fissures, or prolapse. Use these tips for an easier exit!



- Use a squatty potty or similar stool to elevate your knees higher than your hips. This can "un-kink" the rectum (pictured above) allowing an easier exit route.
- Lean forward and rest your arms on your legs.
- Allow your stomach and pelvic floor to relax.
- Breathe diaphragmatically.
- Take your time!
- Try to avoid straining if possible.
- Don't hover above the toilet! Make sure you are sitting down completely in order to allow your muscles to relax.

What can I do today to start to
address my concerns?

Problem #1:

I leak when I
jump or sneeze.

Tip #1:

Learn to brace
properly.

Stress incontinence

- Stress incontinence can be a sign of muscle weakness, but it can also be a problem of pressure management or coordination.
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Pelvic Brace

- breathe in, breathe out, contract core (pull low belly in toward your spine) and lift your pelvic floor.
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Any exercise can be a pelvic floor exercise

- breathe out and “precontract” before the hardest part of the exercise. Ex: calf raise, squat, bridge.
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Problem #2:
I have DR. Can I
exercise?

Tip #2:
Don't be afraid of
exercise!

Diastasis

This happens to every pregnant body in the 3rd trimester. For some, this connective tissue thinning and stretching does not go away.

deep core muscle activation

- In seated, breathe in, as you breathe out, pull in your lower belly. Hold for a few seconds.
 - on all 4's, relax your belly, as you breathe out, lift only your belly.
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Table top toe touch

Lie on your back with hips and knees at 90. Contract low belly by pulling to spine, hold this while you lower 1 foot to tap your toe and then the other. Stop if you are unable to hold the core contraction.

How do I know what exercises I can do?

The 1 thing we don't want to do is be afraid and avoid movement. No exercise is off limits - even with DR. Try different ex's and see:

- do they cause lots of pressure in vagina?
- do you leak?
- do you feel like you have control?
- how much are you doming?

You want to look for ex's that are challenging but don't cause negative symptoms for you. If it is too challenging, back off just a little.

Problem #3:
I am constantly
running to the
bathroom.

Tip #3:
Breathe and
stretch

Urgency or Urge incontinence

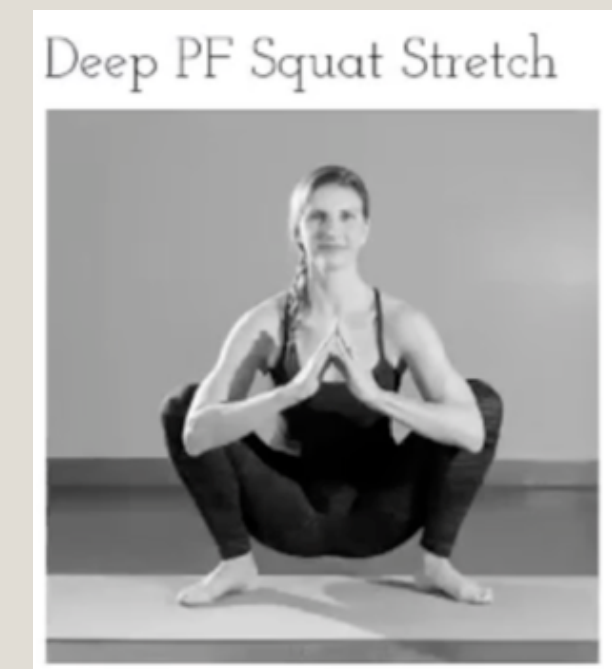
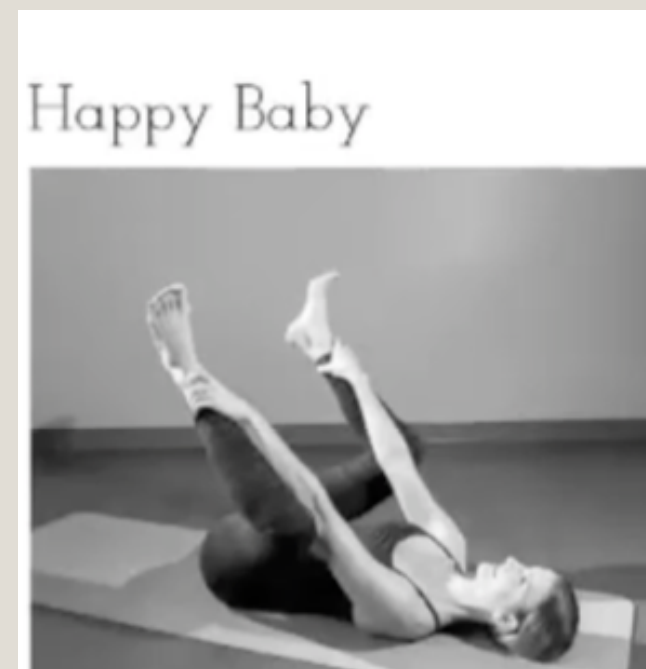
The feeling of always needing to urinate even when you know the bladder is not full.

Breathwork

360 breath. Slow down you inhale to a count of 3. Feel your ribcage, your abdomen and even your back expand with the air. Exhale for a count of 3-4.

Stretch

Do happy baby and deep squat x 1 min 2 times/day.



Just because something is
common, it does NOT mean
it is normal!

If your problem persists or is more complex. Find a pelvic PT to work with.

Physical Therapy (PT)

How
would
pelvic PT
be able to
help?

- PT is a non-surgical solution.
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- PT will help you identify the problem with your pelvic floor.
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- Exercises to identify and strengthen your pelvic floor
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- Core strengthening exercises
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- Relaxation techniques
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- Manual therapy techniques
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- Education
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Questions

Angie Nesrsta, PT

Hill Country Pelvic Health

830-428-3044

angie@hillcountrypelvichealth.com

www.hillcountrypelvichealth.com