

THE FEMALE PELVIC FLOOR

Anatomy:

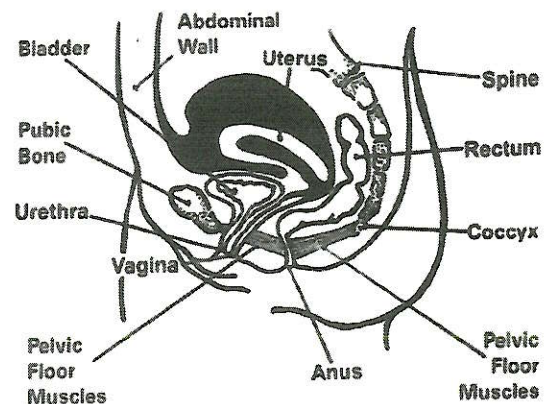
- There are three layers of muscles in the pelvic floor, as well as nerves and fascia
- These muscles run from your pubic bone to your tailbone

Function:

- The muscles support your abdominal organs
- They control your sphincters for continence of your bladder and bowels
- They help cause erection of the clitoris and help with orgasm
- They work with other muscles in the body to help support the back, hips, and pelvis during movement
- They help to pump blood and lymph back to the heart

To find your pelvic floor muscles, imagine:

- stopping a flow of urine, holding a tampon, stopping the release of gas
- you should feel a squeeze and lift
- try not to hold your breath and avoid using other muscles to help
- DO NOT practice stopping the flow of urine while you are on the toilet as this can impact emptying of your bladder and lead to a urinary tract infection



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PELVIC HEALTH PHYSIOTHERAPY

RISE
HEALTH