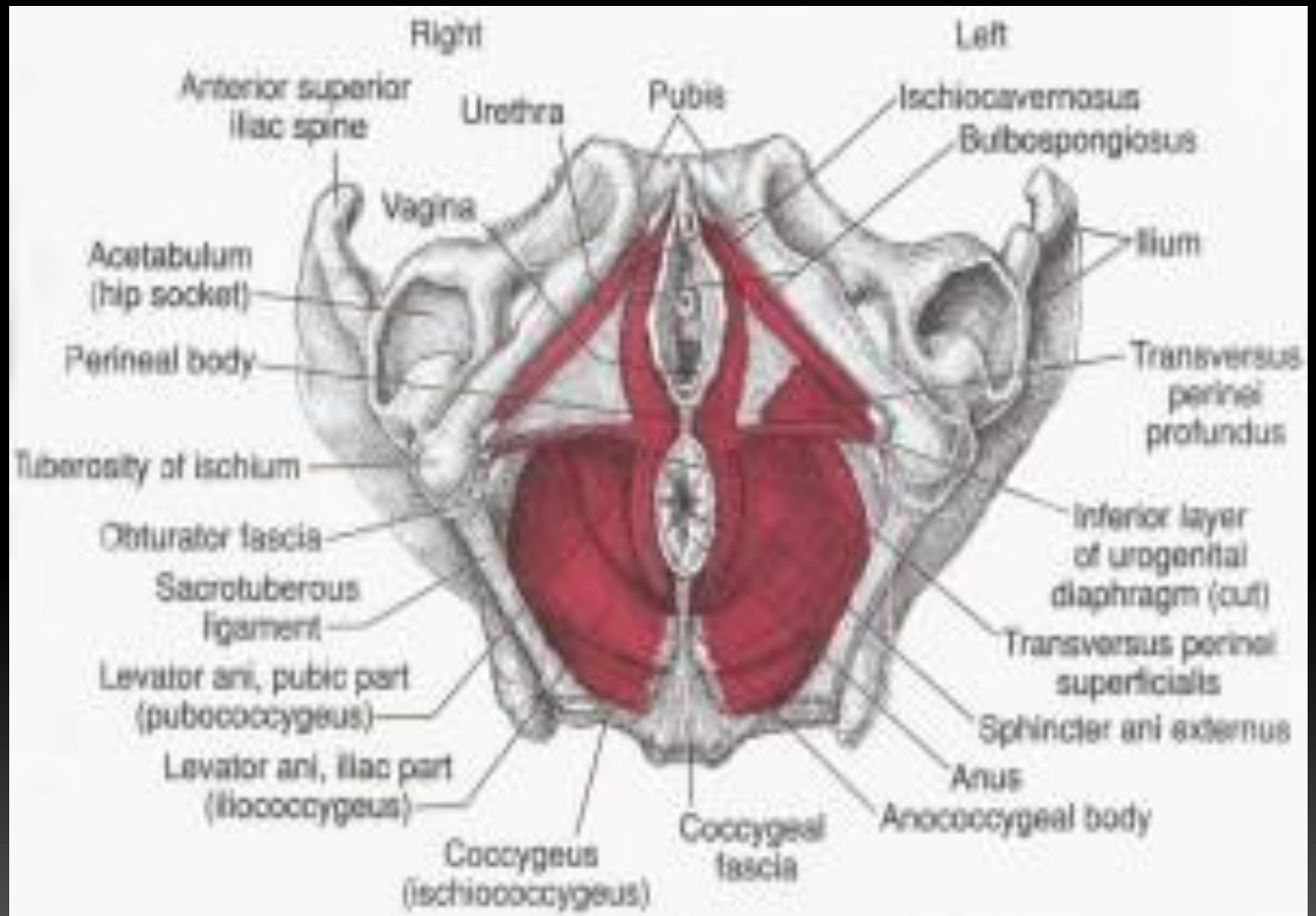




Introduction to Pelvic Floor

PELVIC FLOOR MUSCLES



Life Events

WALKING
UPRIGHT

PREGNANCY & BIRTH
MOTHERHOOD

MENOPAUSE

AGEING



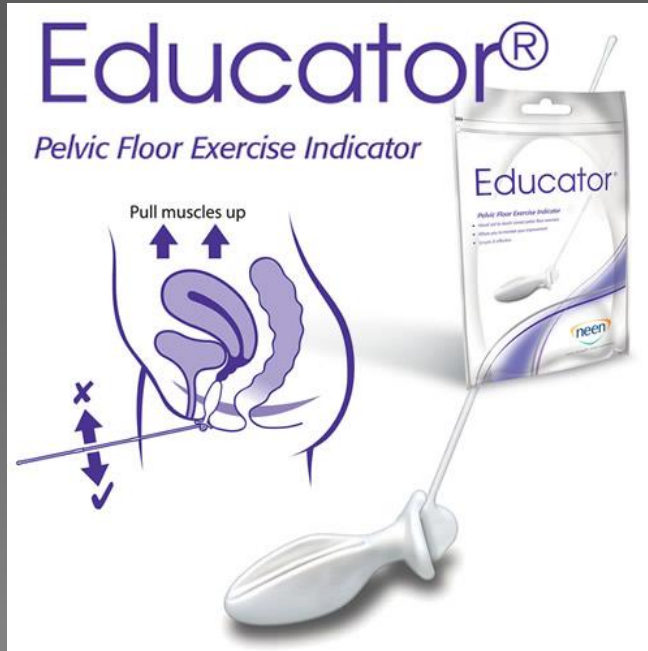
Other Contributing Factors

- Frequent Coughing (Asthma/Hay Fever)
- Obesity
- Constipation
- Standing/Lifting
- Genetics
- Gynae Surgery

REASONS TO HAVING A STRONG PELVIC FLOOR



BIOFEEDBACK



WEIGHTS



<https://www.youtube.com/watch?v=vBAV4zQT4h4>

Any Questions?