

PELVIC FLOOR GUIDE

All You Need to Know About Pelvic Floor Health
During and After Pregnancy

by

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What is the pelvic floor? The pelvic floor is a complex composition of muscles that has a few simple functions. Often, we only start to learn about our pelvic floor because of issues that arise from a weakened or tight pelvic floor. If you're googling things such as "pelvic floor trainer" or "pelvic floor massage" to find answers, then fortunately you're in the right place! This guide will explain the what, the how, the science, and the "where do I go from here?" questions you have, so you can begin your journey to achieving your ultimate pelvic floor health.



Content

Introduction	2
Understanding the Pelvic Floor	4
Pelvic Floor Changes During Pregnancy	6
Preparing Your Pelvic Floor for Birth	8
Pelvic Floor Health During Labor	10
Postpartum Pelvic Floor Care	12
Pelvic Floor Exercises After Birth	14
Signs of Pelvic Floor Issues	17
Maintaining Pelvic Floor Health for the Long Term	20
Seeking Professional Help	24
Additional Resources	25
References	27

Understanding the Pelvic Floor

Your pelvic floor is an intricate network of muscles, ligaments, and connective tissues situated at the base of your pelvis. Often referred to as the "hammock" of muscles, it supports the surrounding pelvic organs and facilitates other vital bodily functions for our health and well-being.

Anatomy of the Pelvic Floor

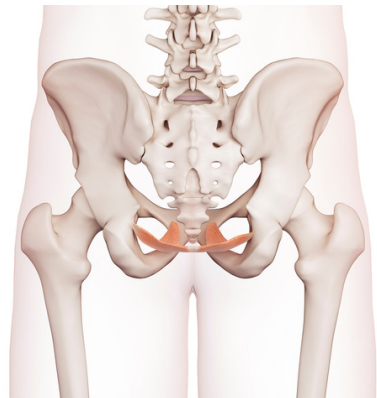
There are some really long words that name the different parts of your pelvic floor so, put simply, the pelvic floor consists of two layers of muscles [1]:

- **Superficial Layer:** There are three muscles that provide support to the pelvic organs, including the bladder, uterus, and rectum. The bulbospongiosus, ischiocavernosus, and the superficial transverse perineal. These muscles also assist with continence.
- **Deep Layer:** These muscles are responsible for providing stability to the pelvis, maintaining posture, and supporting the spine. Made from three muscles, the pubococcygeus, puborectalis and iliococcygeus sit in a U-shape that surrounds the urethra, vagina and rectum.



Did you know?

These muscles are the most commonly damaged due to injury in the perineum. One of these muscles is cut as part of an episiotomy to assist childbirth and prevent tearing.



Functions of the Pelvic Floor

- **Support:** Your pelvic floor acts like a sling or a 'floor', supporting the pelvic organs and preventing them from sagging or prolapsing.
- **Control:** It plays a crucial role in controlling urination and bowel movements, allowing you to hold or release as needed. If you struggle to control these movements, it's known as incontinence.
- **Sexual Function:** The pelvic floor muscles are involved in sexual function. The muscles relax for penetration and contract for an orgasm.

Importance of Pelvic Floor Health

1 in 3 women experience issues with their pelvic floor in their lifetime so understanding the significance of your pelvic floor, and how it works, is essential to understanding how to keep it healthy and without complications. During pregnancy, these muscles face increased pressure due to the growing uterus. Labour and childbirth can put further stress on the pelvic floor. Consequently, maintaining pelvic floor health is vital for:

- Preventing urinary and faecal incontinence.
- Reducing the risk of pelvic organ prolapse.
- Supporting sexual well-being.
- Ensuring overall physical comfort during and after pregnancy



Pelvic Floor Changes During Pregnancy

Pregnancy is a transformative journey that brings significant changes to your body, including the pelvic floor. In this chapter, we will discover how the pelvic floor is affected during pregnancy and what you can do to maintain its strength and health through this period.



The Impact of Pregnancy

During pregnancy, your body undergoes many changes to accommodate the growing foetus. As your body grows with your baby, it takes on more pressure and strain in specific parts, such as the pelvic floor, which experiences several key transformations:

Hormonal Shifts

Pregnancy hormones, such as relaxin, prepare your body for childbirth. While relaxin helps relax ligaments in the pelvis to facilitate delivery, it can also affect the stability of the pelvic floor muscles.

Pressure from the Uterus

As your baby grows, the uterus expands, increasing pressure on the pelvic floor muscles that help to support it. This pressure can lead to stretching and increased stress on these muscles which over time, weaken the muscles.

Changes in Posture

The altered centre of gravity and weight distribution during pregnancy can affect your posture. Poor posture can place additional strain on the pelvic floor muscles.

Increased Blood Flow

During pregnancy your blood flow to the pelvic region increases, which can affect the tone and function of the pelvic floor.



Why Pelvic Floor Health Matters During Pregnancy

Maintaining pelvic floor health during pregnancy is crucial for several reasons:

- **Preventing Incontinence:** A strong pelvic floor helps prevent urinary and faecal incontinence during and after pregnancy.
- **Supporting Pelvic Organs:** The pelvic floor provides essential support to your pelvic organs, reducing the risk of prolapse.
- **Comfort and Well-Being:** A healthy pelvic floor contributes to overall physical comfort and well-being throughout your pregnancy journey.

Pelvic Floor Awareness During Pregnancy

Being aware of your pelvic floor and its changes during pregnancy is the first step in ensuring its well-being. As you progress through this guide, you will learn exercises and techniques to prepare your pelvic floor for childbirth, essential strategies for labour, and effective postpartum pelvic floor care to help you maintain a healthy pelvic floor during and after pregnancy.

Preparing Your Pelvic Floor for Birth

Pregnancy is a time of preparation, and one important aspect of this journey is getting your pelvic floor ready for the demands of childbirth. Strengthening and conditioning these muscles can significantly benefit both your labour experience and postpartum recovery.

Why Prepare Your Pelvic Floor

Preparing your pelvic floor for labour will give you the upper hand during childbirth and for your recovery postpartum. Strengthening your pelvic floor during pregnancy offers several advantages:

- **Efficient Labour:** A well-conditioned pelvic floor can assist in the birthing process, making labour potentially smoother and more efficient.
- **Improved Control:** Strong pelvic floor muscles can enhance your ability to push effectively during the second stage of labour, as your baby moves further down the birth canal.
- **Reduced Risk of Tears:** A strengthened pelvic floor may reduce the risk of perineal tears during childbirth. A study showed that a group of women who did perineal massage and pelvic floor exercises from 32 weeks of pregnancy showed a 31% reduction in episiotomy compared to women who didn't prepare their pelvic floor or perineum for labour [2].



Pelvic Floor Exercises for Pregnancy

As part of pelvic floor therapy, there are several exercises and techniques you can try to help prepare yourself for labour. You can also replicate some of these for postpartum pelvic floor exercises:

Kegel Exercises

Kegels involve contracting and relaxing the pelvic floor muscles. First, start with a lighter Kegel weight and slowly increase the weight to improve muscle tone and control.

Pelvic Tilts and Squats

Pelvic tilts are gentle exercises that help you maintain good posture, reducing strain on the pelvic floor. Squats engage the pelvic floor muscles and promote flexibility, potentially aiding in childbirth.

Perineal Massage

85% of women will sustain perineal trauma during vaginal birth [5]. This technique involves massaging and stretching the perineum to prepare for birth and reduce the risk of tearing.

Prenatal Yoga

Prenatal yoga classes often include poses and stretches that can benefit the pelvic floor and overall muscle strength. A handy tip when moving into different poses is to relax and engage your pelvic floor in time with your breathing.

Breathing Techniques

Learning proper breathing techniques [6] can help you connect with your pelvic floor muscles and promote relaxation during labour.

When to Start Preparing

It's never too early to begin preparing your pelvic floor, ideally as soon as you discover your pregnancy. However, it's essential to consult with your healthcare provider or a qualified prenatal fitness instructor to ensure you're performing exercises safely and effectively. Another reason for consulting a healthcare professional is that your pelvic floor could be too strong or tightened and therefore a different form of therapy would be required.



Pelvic Floor Health During Labor

Labour can be intense, and your pelvic floor plays a significant role during this process. Understanding how to support and care for your pelvic floor during labour can help you navigate this phase with greater ease and comfort.

The Importance of Pelvic Floor Awareness

During labour, your pelvic floor muscles need to stretch and adapt to accommodate your baby moving slowly down the birth canal. Being aware of your pelvic floor can make a significant difference in your labour experience:

- **Efficient Contractions:** A relaxed and well-coordinated pelvic floor can assist in efficient contractions and the descent of your baby.
- **Reduced Strain:** Proper relaxation of the pelvic floor during contractions can reduce strain on the muscles and decrease the risk of tearing.
- **Comfort and Control:** Understanding how to relax and contract your pelvic floor muscles can provide comfort and a sense of control during labour.



Pelvic Floor-Friendly Positions

The positions you adopt during labour can impact the pressure on your pelvic floor. Consider these positions to reduce stress on these muscles:

- **Squatting:** Squatting can open up the pelvic outlet, making it easier for your baby to descend.
- **Hands and Knees:** Being on hands and knees can relieve pressure on the pelvic floor and provide relief from back pain.
- **Lateral Positions:** Side-lying positions can help shift the pressure away from the pelvic floor.
- **Use of Birthing Tools:** Birthing tools like birthing balls or bars can provide support and encourage pelvic floor relaxation.

For more birthing positions, read our "[Toolkit for Labour](#)" e-guide.

Breathing Techniques

Correct breathing can help you relax and coordinate your pelvic floor muscles during labour. Consider practising deep, rhythmic breathing to stay centred and maintain control. One breathing technique to try is called "box breathing" which is often used to help re-focus the mind and relax your state of mind. It can also be used to practice locating the pelvic floor and understanding its movements.



- Sit upright, feet flat on the ground and you are comfortable.
- Breathe in through your nose and let the air fill your chest all the way down to your stomach for 4 seconds.
- Hold the breath for 4 seconds.
- Exhale through your mouth for 4 seconds, and repeat.

Support from Healthcare Providers

Communicate with your healthcare provider or midwife about your pelvic floor concerns and preferences during labour. They can provide guidance and support tailored to your needs. While maintaining pelvic floor health during labour is important, it's also crucial to surrender to the natural process of childbirth. Your body is designed for this incredible journey, and your healthcare team is there to ensure a safe and positive experience.



Postpartum Pelvic Floor Care

The postpartum period is a time of immense change and adjustment, and caring for your pelvic floor during this phase is crucial for your overall well-being and recovery. Let's explore essential strategies for nurturing and supporting your pelvic floor after childbirth.

Immediate Postpartum Recovery

In the hours and days following childbirth, your body undergoes a remarkable transition. Here are some key considerations for pelvic floor care during this immediate postpartum period:

- **Perineal Care:** Proper hygiene and gentle perineal care can help prevent infection and promote healing.
- **Pain Management:** Discuss pain management options with your healthcare provider to alleviate any discomfort associated with childbirth.
- **Pelvic Floor Exercises:** Gentle pelvic floor exercises, such as Kegels, can be initiated as soon as you feel comfortable, but it's essential to consult your healthcare provider for guidance.

Pelvic Floor Rehabilitation

For many women, the postpartum period involves rehabilitation and recovery of the pelvic floor muscles. There is no quick fix for pelvic floor dysfunction or strengthening the weakened muscles and it takes commitment to see a real difference.

Consultation with a Specialist

Consider consulting a pelvic health specialist or a physical therapist who specializes in postpartum care. They can assess your pelvic floor and create a tailored pelvic floor therapy plan.

Progressive Exercises

Gradually progress your pelvic floor exercises as advised by your healthcare provider. Begin with gentle contractions and gradually increase intensity. You may find it easier to start without Kegel weights or a pelvic floor trainer at first, and then as you progress, introducing these to enhance your exercise routine.

Remember to incorporate deep breathing and relaxation techniques to release tension in the pelvic floor. You can practice this whilst doing your pelvic floor exercises to get into a rhythm.



Pelvic Floor Exercises After Birth

The postpartum period is a critical phase for focusing on your pelvic floor health. After the tremendous changes brought by pregnancy and childbirth, it's time to rebuild strength, restore function, and promote healing. In this chapter, we'll explore various exercises and techniques to assist you in your journey to regain pelvic floor health.

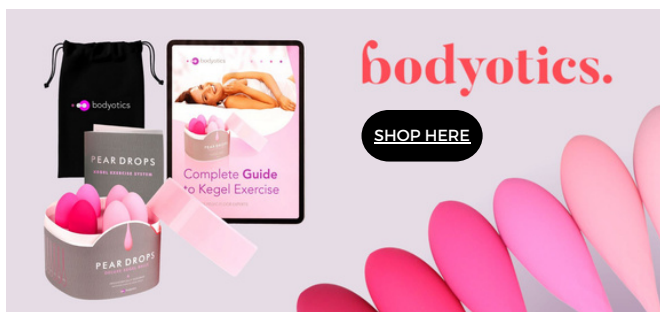
Why Postpartum Pelvic Floor Exercises Matter

The muscles of your pelvic floor play a significant role in maintaining core stability, supporting your pelvic organs, and controlling bowel and bladder functions. After childbirth, these muscles may be weakened or stretched, leading to issues such as incontinence or pelvic organ prolapse. Pelvic floor exercises can help address these concerns and promote overall well-being.

Effective Postpartum Pelvic Floor Exercises

Kegel Weights

Kegels are a type of pelvic floor exercise that trains your pelvic floor muscles to relax and tighten when you need them to. Rather than just tightening the pelvic floor, the aim is to actively contract and purposely relax or lengthen the muscle to sustain its functionality. Kegel weights such as Bodyotics pear drop-shaped Kegel balls are used to exercise the pelvic floor and improve its strength and stability if it has been weakened or damaged.



Other Pelvic Floor Exercises

Bridges involve placing your hands and feet on the floor (hands pointing towards your feet) lifting your hips off the ground, and tummy to the ceiling while engaging your pelvic floor muscles. Rather than arching your back, try to make right angles with your arms and legs. Bridges not only strengthen the pelvic floor but also target the lower back and hips.

Deep squats

Deep squats are great for stretching and strengthening the pelvic floor. Ensure proper form and alignment to avoid strain, especially in the early postpartum phase. Your feet should be shoulder width apart and facing forward (turn them out slightly for balance). As you lower your body into the squat, activate your core muscles and keep your chest upright so it doesn't lean forward past your knees. Whilst engaging your core muscles, engage your pelvic floor and try to "lift" it as you lower into the squat.

Pelvic tilts

Pelvic tilts help improve flexibility and alignment of the pelvis, easing tension in the pelvic floor. Incorporate them into your routine for gentle but effective support. If it helps, place your hands on your hips and then slowly tilt your pelvis forward and backward. Imagine drawing a "U" shape with your pelvis to get the direction correct.



Pilates and Yoga

Consider participating in pilates and yoga for the pelvic floor. These classes often include exercises and stretches specifically designed to aid pelvic floor recovery. Yoga is also a popular form of exercise to try during pregnancy as well as postpartum because the movements are gentle, and slow and relieve tension in the body whilst encouraging you to engage your pelvic floor.

Pelvic Floor Trainers

Kegel exercisers, like the Bodyotics Kegel weights or similar can be valuable tools for postpartum recovery. They provide guided exercises and real-time feedback, helping you engage and strengthen your pelvic floor effectively. A trainer may be more helpful for women who are learning how to navigate their pelvic floor and what they should be able to feel when exercising specific pelvic floor muscles.

When to Begin Postpartum Pelvic Floor Exercises

Start your pelvic floor exercises as soon as you feel comfortable, typically within the first few days or weeks after childbirth. However, always consult with your healthcare provider before initiating any exercises to ensure they are suitable for your specific postpartum condition. When you are ready to begin exercising your pelvic floor, a postpartum body wrap can help you to stabilise your core and improve your posture, which then results in a more effective workout. It also gives you peace of mind that your body can recover and exercise safely knowing that your body is fully supported by the postpartum recovery band.



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Consistency is Key

To achieve lasting results that are sustained, you must be consistent with your efforts. Incorporate these exercises into your daily routine and gradually increase the repetitions and intensity as you progress. Remember that postpartum recovery is unique for every woman, so listen to your body and adjust accordingly.

If you have other weakened areas or have previously suffered from injury, it's best to work with a physician or personal trainer who is qualified and experienced in adapting exercises, so they can create a bespoke plan for you to follow.

Signs of Pelvic Floor Issues



Understanding the signs of pelvic floor issues leads to proactive care and early intervention. There are common symptoms that may indicate pelvic floor dysfunction and it's important to seek professional help so they can guide you through available treatment and therapy to help you overcome these.

Recognizing Signs of Pelvic Floor Issues

Urinary Incontinence

If you experience involuntary leakage of urine during activities like laughing, coughing, sneezing, or exercising, it may be a sign of pelvic floor dysfunction. The superficial layer of muscles is responsible for controlling when urine passes through and if these muscles are weakened, it can lead to incontinence.

Faecal Incontinence

The loss of control over bowel movements, especially following childbirth, is a significant concern and should prompt immediate attention by your healthcare provider. Like urine incontinence, the superficial layer of muscles supports the pelvic organs and controls continence.



Pelvic Pain

Persistent discomfort, pressure, or pain in the pelvic region may indicate pelvic floor dysfunction. This pain can vary in intensity and may be constant or intermittent.

Pelvic Organ Prolapse

Symptoms of a sensation of pressure, fullness, or a bulge in the vaginal area can be indicative of pelvic organ prolapse, a condition where pelvic organs descend into the vaginal canal. Early intervention to detect prolapse is key to recovery and your healthcare provider must be notified so they can plan your treatment accordingly.

Painful Intercourse

Pain or discomfort during sexual intercourse, known as dyspareunia, can be related to pelvic floor dysfunction.

The Importance of Seeking Professional Help

If you notice any of these signs or have concerns about your pelvic floor health, do not hesitate to contact your doctor or seek guidance from a pelvic floor specialist. Educating yourself about pelvic floor health will give you confidence in spotting symptoms early and understanding what you can do to resolve any issues.

Early Intervention

Prompt evaluation allows for early intervention and treatment, which can prevent issues from worsening. With a lot of medical issues, recognising symptoms early on can be the best thing for your recovery and overcoming any complications.

Tailored Assessment

Healthcare providers and pelvic health specialists can conduct a thorough assessment to determine the cause of your symptoms and provide personalised recommendations.

Quality of Life

Addressing pelvic floor issues can significantly improve your quality of life by reducing discomfort and restoring confidence in daily activities. When some women experience symptoms such as pain in their pelvis or incontinence, it can affect their mental health and how they feel about themselves. They may also feel that they can't go about their daily routine which can feel limiting and negatively affect their mental well-being.

Preventing Further Complications

Left untreated, pelvic floor dysfunction can lead to more severe problems such as prolapse. To avoid this, it's imperative that you seek help promptly to prevent complications.

Individualised Treatment

Treatment options vary depending on the nature and severity of your condition. Your healthcare provider will work with you to develop a tailored treatment plan. Some women may find that pelvic floor exercises are enough to help them overcome pelvic floor dysfunction whereas others may prefer to use a pelvic floor trainer or relaxation methods.

Advocating for Your Well-Being

As a woman, you have the right to advocate for your pelvic floor health. Don't hesitate to discuss any concerns with your healthcare provider, even if you're uncertain whether your symptoms are related to pelvic floor issues. Early conversations can lead to earlier diagnosis and more effective treatment.

In the next chapter, we'll explore how to proactively maintain your pelvic floor health for the long term. Remember that being attentive to your body and seeking help when necessary are essential steps in ensuring your well-being and pelvic floor health.



Maintaining Pelvic Floor Health for the Long Term

Your pelvic floor health is a lifelong commitment to your well-being and comfort. As well as postpartum pelvic floor exercises and pelvic floor trainers, you also need to account for your lifestyle choices to sustain your pelvic floor health.

Sustaining Pelvic Floor Health

Lifestyle Choices

Positive lifestyle choices such as a balanced diet, regular physical activity, and effective stress management help to maintain and improve your pelvic floor health. Following a lifestyle such as this will help you to overcome pelvic floor disorder symptoms, such as incontinence and discomfort in your pelvis.

Weight Management

Maintain a healthy weight in proportion to your height to reduce excess pressure on the pelvic floor muscles and pelvic region. Consult with a healthcare provider or [nutritionist](#) for guidance if needed.




Hydration and Diet

Staying hydrated and consuming a diet rich in fibre can promote healthy bowel habits and reduce the risk of constipation, which can strain the pelvic floor. If you are experiencing issues with incontinence [3], here are some useful tips that can help you re-train your bladder whilst you correct your pelvic floor muscles:

- Swap your large water bottle for a smaller glass and take sips little and often.
- Empty your bladder at set times, more often than usual, so you don't get caught short. Over time, you can lengthen the time between toilet breaks until it's approximately every 3-4 hours.
- If your mouth feels dry, try eating juicy fruits or vegetables, or chew sugar-free gum, instead of gulping large amounts of water.
- Start a "bladder diary" so you can start to notice a pattern of when you experience incontinence and learn when to schedule toilet breaks.

Posture Awareness

It's easy to ignore poor posture but ultimately, it can alleviate unnecessary stress on the pelvic floor. Pay attention to how you sit, stand, and carry out daily activities when lifting and bending down. If it helps, wear a postpartum support band to stabilise your core and support your body.



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Postpartum Support Band

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Regular Exercise

Engage in regular exercises that promote overall strength, flexibility, and balance. Activities such as swimming, walking, and yoga are gentle on the pelvic floor. Walking is an exercise that we do daily, and it is an easy way to implement pelvic floor exercises into your routine to strengthen the muscles. Kegel weights and Pelvic Floor Trainers are useful accessories to support pelvic floor therapy and exercises postpartum.

Pelvic Floor Awareness

Stay connected with your pelvic floor by practising mindfulness during a pelvic floor exercise routine. To know if you are truly exercising the correct part of your body, you need to learn what that feels like and how to locate it. As the pelvic floor is a “hammock” of muscles you cannot see, it’s harder to work with, which is why visualisation and relaxation are so important to your success.

Try these visualisations

Plucking a tissue from a tissue box with your vagina muscles

Squeeze the muscles as if you were trying to stop the flow of urine

Squeeze your vagina like you are picturing picking up a grape (concentrate on the inward pressure tightening AND lift up motion)

Tighten your vagina as if you are trying to push an inserted tampon up higher

Try to squeeze the muscles between your vagina and anus as if you are trying to bring the points closer together and up to your belly button.

Seeking Professional Help

There’s no harm done in requesting regular check-ups with your healthcare providers or pelvic health specialists to get guidance and advice. Even when you feel well, regular assessments can detect potential issues early. If you notice your symptoms worsening or not alleviating over time with interventions, it is even more important to get professional help.

A medical professional or pelvic floor specialist will be able to educate you on your symptoms and pelvic floor health whilst conducting a thorough assessment to give you an accurate diagnosis. In doing this, they can create a bespoke treatment plan for you to help you overcome any challenges you are facing with your pelvic floor.

Preventative Measures

Pelvic Floor-Friendly Pregnancy and Childbirth

If you plan to have more children, consider preparing your pelvic floor for future pregnancies and addressing any issues that arise during childbirth. Not only will you be preventing any further damage or weakening of your pelvic floor, but you will also be in a better position for future pregnancies and labours by correcting and strengthening your pelvic floor.

The superficial layer of muscles is the most commonly damaged during childbirth. Preparation is key to preserving your pelvic floor health in the lead-up to your due date.

Menopause and Hormonal Changes

Hormonal changes during pregnancy and after childbirth will affect your pelvic floor health. Even during menopause [4], your pelvic floor starts to weaken due to the lack of oestrogen. The muscles in your pelvic floor will naturally weaken and you may notice that UTIs are more common during this period. Speak to your healthcare provider about different treatment options available to you.

Pelvic Floor-Friendly Exercises

As you age, consider adjusting your exercise routine to include activities that are kind to the pelvic floor and joints such as low-impact exercises like swimming, walking and pilates. In addition to this, you can also use Kegel balls to exercise, specifically, your pelvic floor muscles.

Community and Support

Joining support groups or communities focused on women's health and pelvic floor issues can provide valuable information and emotional support. It's reassuring to know you're not alone in your journey.

Seeking Professional Help

In your journey to maintain and improve pelvic floor health, there may be times when seeking professional guidance and treatment becomes essential. Here we will explore when and why you should consult healthcare providers or pelvic health specialists.



When to Seek Professional Help

Persistent Symptoms

If you experience persistent symptoms such as urinary incontinence, faecal incontinence, pelvic pain, or discomfort, it's time to consult a healthcare provider. These symptoms should not be ignored, as they can indicate underlying pelvic floor issues.

Postpartum Concerns

After childbirth, if you encounter difficulties in your recovery or experience discomfort, especially during activities like sexual intercourse or exercise, it's advisable to seek professional evaluation.

Menopausal Changes

The hormonal changes associated with menopause can affect the pelvic floor. If you notice changes in urinary or vaginal health during this phase of life, discuss them with your healthcare provider. Symptoms to take notice of are if you contract UTI continuously or experience incontinence.

Pelvic Organ Prolapse

If you suspect or have been diagnosed with pelvic organ prolapse, it's crucial to consult a healthcare provider or pelvic health specialist. They can provide guidance on management and treatment options.

Choosing the Right Specialist

When seeking professional help for pelvic floor issues, consider the following:

- **Pelvic Health Specialists:** Pelvic health specialists, such as urogynaecologists or physical therapists with expertise in pelvic health, can provide specialized care.
- **Reputation and Experience:** Research and choose healthcare providers with experience and a positive reputation in treating pelvic floor disorders.
- **Comfort and Communication:** Ensure you feel comfortable communicating with your healthcare provider. Open and honest discussions are essential for effective treatment.

Treatment Options

Treatment options for pelvic floor issues can vary based on your diagnosis and individual circumstances. They may include:

Physical Therapy

Pelvic floor physical therapy is a non-invasive approach that includes exercises, manual therapy, and education to strengthen and restore pelvic floor function. Alongside exercises such as pilates, yoga or other mat-based exercises, you can introduce Kegel weights to add a new element when strengthening your pelvic floor.

Medications

In some cases, medications may be prescribed to manage symptoms such as urinary incontinence. This should be looked at as a short-term treatment and over time, using other treatments available to correct your pelvic floor function.

Minimally Invasive Procedures

For certain conditions, minimally invasive procedures or surgeries may be recommended to correct pelvic floor issues. To learn more about these procedures, consult your doctor for further information and under what circumstances they may perform these.

Lifestyle Modifications

Healthcare providers can offer guidance on lifestyle changes to support pelvic floor health, such as dietary modifications, weight management, and exercise routines. Anyone who lives with pelvic floor dysfunction should start by making positive changes to their lifestyle before researching or starting other treatment options.



Your pelvic floor health matters

Remember that seeking professional help is a proactive step toward better pelvic floor health. Don't hesitate to consult with healthcare providers or specialists if you have concerns or symptoms related to your pelvic floor. Their expertise and guidance can significantly improve your quality of life and well-being.

To learn more about how to maintain your pelvic floor health throughout pregnancy, postpartum recovery and in the years to come, check the blog for the latest articles which are loaded with easy-to-implement tips and strategies to help busy mums! Our expert panel are also on hand to deliver speedy answers straight to your inbox should you need a professional's input.

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