

**Pelvic Floor- A practical workshop for everyday living...**

For many of us, Pelvic Floor Dysfunction affects our everyday lives. The expression of symptoms is often unique to each individual. Some of us are faced with daily decisions such as: not drinking water because we may not make it to a bathroom on time, or choosing to wear a pad in case a bladder leak catches us off guard while laughing, sneezing, jumping or coughing. In some cases our relationships can be impacted due to pelvic pain due to tight muscles or organ prolapse. We primarily associate these types of issues with women's health but men are affected too. Post surgery incontinence, pelvic pain, prostate issues, hernias, and chronic constipation are a few of the issues faced by men.

Often when we do seek professional help we are told that we have weak "CORE" and we need to strengthen our "Kegels". Well, most of us know that does not always work! The problem with this advice is that the "KEGEL" is only one part of the "CORE". The "CORE" is a system with intricate relationships with other muscles such as the diaphragm, transverse abdominis, and multifidus. These muscles are part of a breathing system used to stabilize our spines, pressurize the abdomen, and to support our internal organs. Our breathing patterns need to have "GIVE" to be optimal. Our abdomens are not supposed to be floppy or become distended on the inhale. Our exhale recoils to balance pressure changes.

In this workshop we will draw awareness to the function of the "CORE" and clarify the demands of "FUNCTION" versus "FITNESS". The tension on the belly should not be the same for every kind of activity either. Let's learn how to move again, improve our symptoms and gain some true power.

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