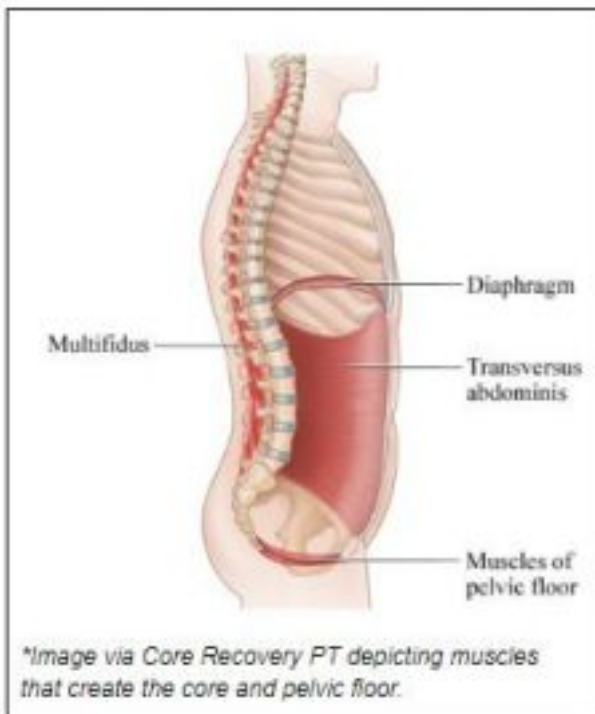


The Pelvic Floor and Exercise

- The pelvic floor is a group of muscles located at the base of the pelvis. • These muscles stretch from your pubic bone in the front, to your tailbone in the back.
- Pelvic floor dysfunction occurs when the pelvic floor muscles are not doing their job properly.
- The pelvic floor's role is to provide support for the organs of the pelvis, as well as control bowel and bladder function.
- The pelvic floor muscles also work together with your abdominals, muscles of the lower back, hip muscles, and diaphragm (dome shaped muscle that helps to regulate breathing).



- All of these muscle groups create the “core”, and they must work together to create optimal function.
- Pelvic floor dysfunction can include pelvic pain as well as incontinence (loss of bowel or bladder function) during exercise, laughing, coughing or sneezing.
- There are various reasons for pelvic floor dysfunction.
- Among the most common are pelvic floor muscle weakness and a damaged pelvic floor.
- Men and women can both experience urinary incontinence during exercise, but it is never normal.
- Stress incontinence typically occurs during activities that increase stress on the bladder, such as jumping, running or lifting weights.

If you experience pelvic pain or incontinence during exercise, physical therapy can help!

Middlesex Health Physical Rehabilitation has specially trained therapists who can determine the cause of the dysfunction and work with you to address your specific goals and needs.

For more information you can visit: www.MiddlesexHealth.org/phit