

A FRESH LOOK AT YOUR PELVIC FLOOR

WHERE IS IT?

Spans the bottom of the pelvis, stretching from your pubic bone to your tailbone and from side to side.

Get hip to where your pelvic floor is and what it's responsible for.

WHAT IS IT?

Set of serious, specialized muscles responsible for supporting your bowel, bladder, uterus and vagina.

NORMAL PELVIC FLOOR MUSCLE

VS

WEAKENED PELVIC FLOOR MUSCLE

Spine

Rectum

Bladder

Uterus

WHAT DOES IT DO?

Contraction and relaxation of these muscles allows you to, among other things, control urination and enjoy sex. Leaks happen when the pelvic floor muscles that support the bladder are weakened.

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WHAT CAN WEAKEN YOUR PELVIC FLOOR?

Pregnancy, childbirth, aging, weight gain, physical exertion or even straining due to constipation.