

5 steps

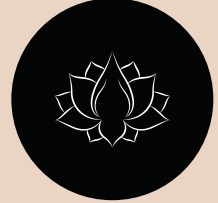
TO A HAPPY AND HEALTHY PELVIC FLOOR

xo, Dr. Betsey

GET TO KNOW YOUR PELVIC FLOOR

Stay in tune with your pelvic floor through diaphragmatic breathing. Child's pose, happy baby pose, and sitting in a deep squat are excellent positions to lengthen and release tension.

BONUS: You can perform these while playing with children!



SIP DONT CHUG. AVOID SODA & SUGARY DRINKS

Make a goal for drinking half your body weight in ounces of water every day. More if you exercise daily or are breast-feeding. We need to sip water throughout the day and not try to get it in through chugging which can overload the bladder and cause pelvic floor dysfunction

EXERCISE REGULARLY

When we exercise, we are promoting blood flow and lymphatic drainage which occurs in the pelvis as well! It is very important to decrease inflammation and fluid build up in this area. Also, obesity is a risk factor for pelvic floor dysfunction.



PAY ATTENTION TO YOUR HIPS AND LOW BACK

Because of the proximity of the pelvic floor to the hips and low back muscles, staying flexible in these areas help the pelvic floor function optimally.

PERFORM PROPER TOILETING HABITS

- Always sit when you pee.
- Do not rush toileting
- Do not ignore/delay urges
- Do not perform "just in case peeing."



It's time to see a pelvic floor therapist if you have any of the following symptoms: urinary, fecal, or gas incontinence, pelvic pain, overactive bladder, pelvic pressure, changes in sensation in the pelvic floor, etc.

FOR MORE INFORMATION VISIT
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