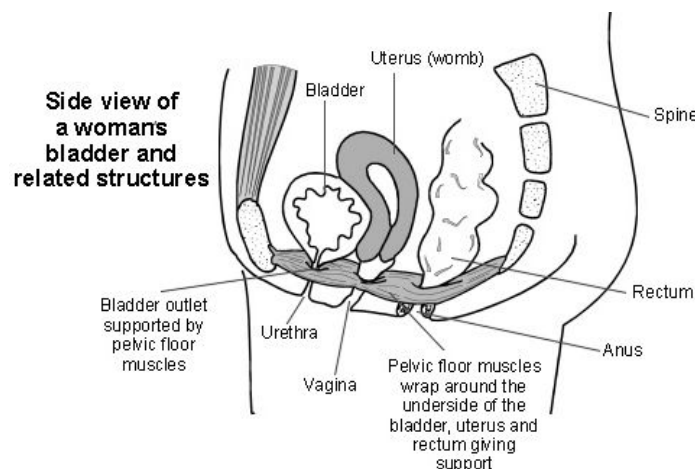


The Pelvic Floor

The pelvic floor forms a sling of muscles, which are attached to the pubic bone at the front of the pelvis and the tail bone (coccyx), at the back. There are 3 openings, one at the front from the bladder (urethra), one in the middle (vagina) and one at the back from the bowel (rectum).

The pelvic floor muscles have 2 types of fibres and main roles:

1. Slow twitch muscle fibres, which have constant tone in them. They support your pelvic organs up inside you and prevent you passing urine or bowel movements until you find a suitable place to pass it
2. Fast twitch muscle fibres, which contract strongly and quickly to prevent leakage of urine when there is extra pressure on the bladder eg when you cough/sneeze, laugh or lift something heavy.



CUES

1. LIFTING & SQUEEZING muscles around your back passage (anus) as though you are trying to prevent passing of wind or a bowel movement.
2. LIFTING & SQUEEZING through the centre of the pelvic floor (the vagina)
3. LIFTING & SQUEEZING around the front passage (urethra) as though you are trying to prevent passing urine

