

What is the Pelvic Floor?

The pelvic floor is a set of muscles that spread across the bottom of the pelvic cavity like a hammock. The pelvic floor has three openings that run through it, the urethra, the rectum and the vagina.

The functions of the pelvic floor include:

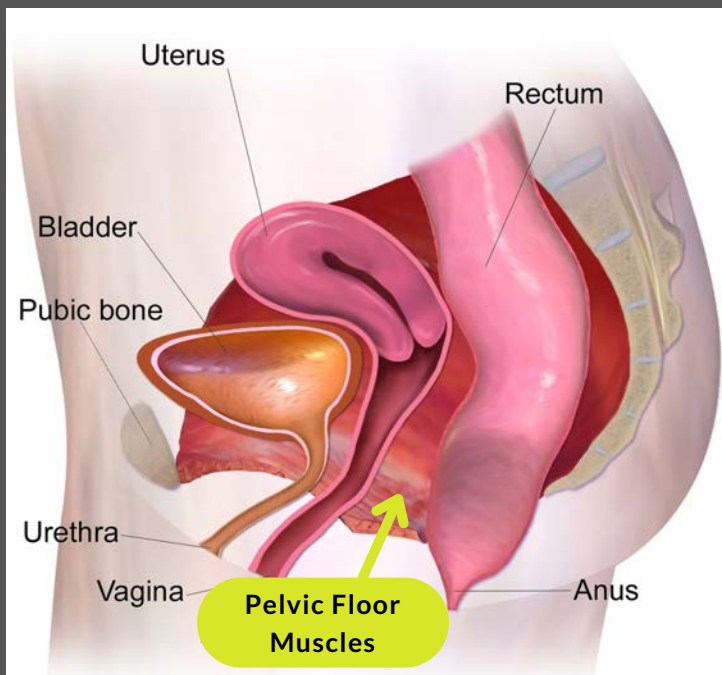
- To support the pelvic organs, specifically the uterus, the bladder, and the rectum
- To help provide sphincter control for the bladder and bowel
- To withstand increases in pressure that occur in the abdomen such as coughing, sneezing, laughing, straining, and lifting
- To enhance the sexual response

Some pelvic health issues are:

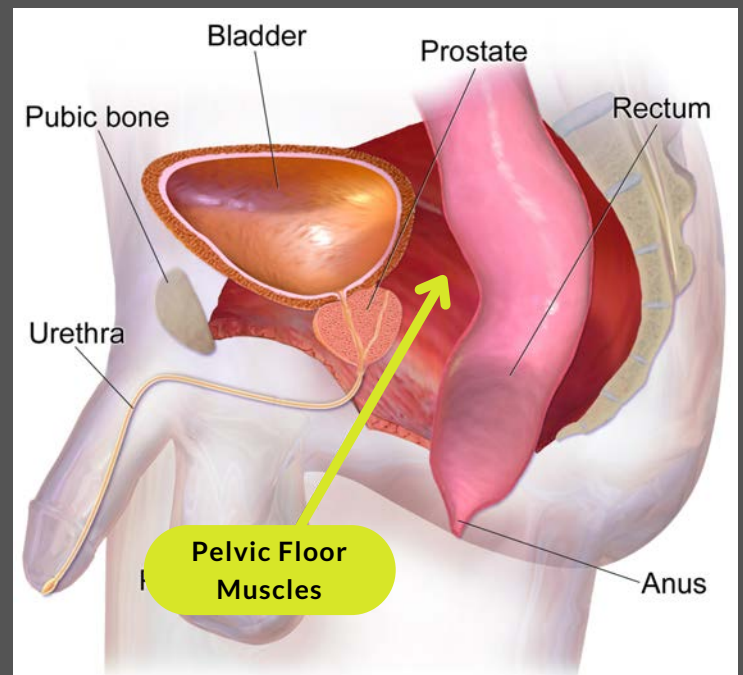
- Bladder and Bowel conditions
- Incontinence
- Pelvic pain
- Pregnancy and Postpartum conditions

Pelvic issues can cause embarrassment, fear, anxiety, and social isolation. For these reasons, it is important to take steps to address the problem.

Seeking treatment from a trained **Pelvic Health Physiotherapist** can not only help with the problem but also can improve self-esteem and restore confidence.



Female Pelvic Muscles



Male Pelvic Muscles



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