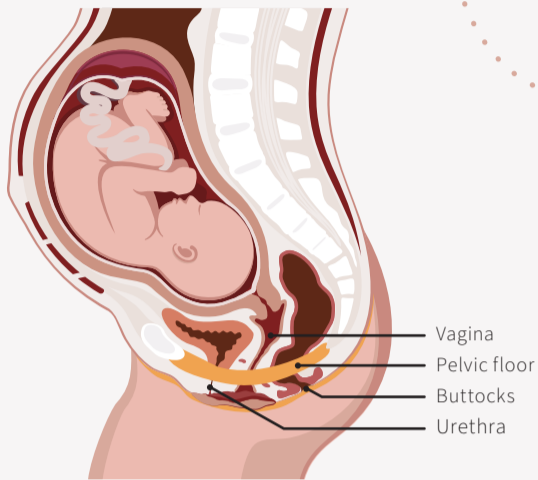


Pelvic floor therapy following childbirth

Many women experience pelvic floor problems. Do not feel ashamed, consult your gynaecologist, midwife or pelvic floor physiotherapist and get those pelvic floor muscles moving!



1

The pelvic floor

Think of the pelvic floor as a kind of trampoline or hammock at the bottom of your body. It is made up of muscle and support tissue as well as nerves and blood vessels. There are **three openings** running through it: for the urethra, the vagina and the anus.

2

Pregnancy, childbirth & pelvic floor problems

Pregnancy or childbirth can weaken or damage your muscles, or it can make you use your muscles incorrectly.



Pelvic floor complaints

More than half of women experience urinary leakage, fecal incontinence, inability to hold in wind, constipation, prolapse of the bladder, uterus or bowel, and pain ... after pregnancy!



3

Pelvic floor muscle exercise

For whom? For all women who have just given birth! (following a vaginal or caesarean delivery)

Why? To **prevent** complaints and to help correct recovery, or to **treat** complaints and to make muscles work better again.



Find out more?
thepelvicfloor.be