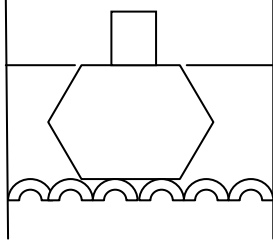
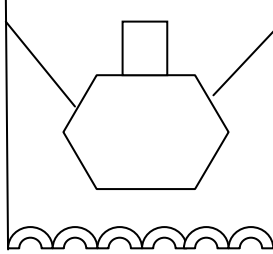
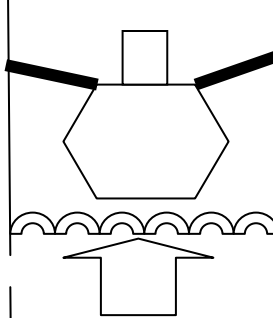
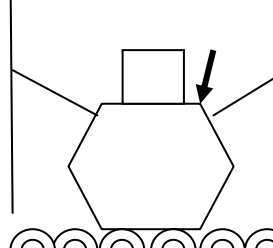


Pelvic floor muscles and pelvic organ prolapse

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<p>Pelvic organs (bladder, uterus and rectum) are well supported by the pelvic floor muscles from below and the ligaments from above.</p>		<p>ligaments</p> <p>pelvic muscle</p>
<p>In some cases the pelvic floor muscles is sagging and weak allowing the pelvic organs to sag and stretching the ligaments. In some cases the ligaments break (this is more common during trauma or childbirth).</p>		<p>sagging organ</p> <p>weak pelvic muscles</p>
<p>Surgery helps replace the support of the ligaments from above. Pelvic floor muscles exercises help improve support from below and can decrease the symptoms of urgency and vaginal pressure. Strong supportive pelvic floor muscles are important whether you decide to have surgery or not.</p>		<p>surgery</p> <p>pelvic exercises</p>
<p>Another important task to avoid is "jumping on the boat". Bearing down, grunting, and pushing out increase downward pressure on the bladder. Learning proper lifting technique and avoiding extra abdominal pressure is important.</p>		<p>downward pressure</p>

The goal of therapy for pelvic organ prolapse is:

- raise the water level - strengthen the pelvic floor muscles
- learn to stop jumping on the boat - avoid extra abdominal pressure

Ask your physician for a referral to see a skilled physical therapist to learn these techniques and more.