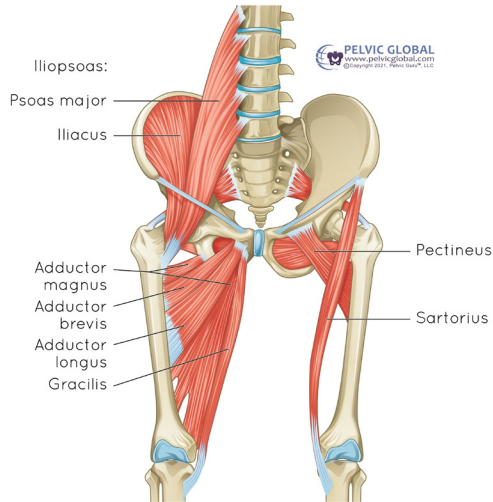


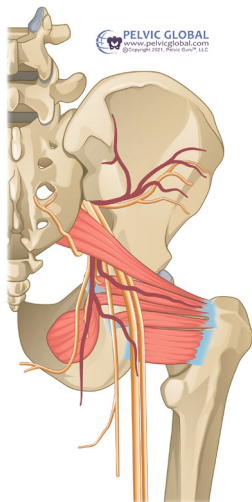
Hip and Pelvic Anatomy

TOP VIEW



Many large muscles in your legs and hips attach to the pelvic bones. Stiff or weak muscles in the hips or legs can affect the pelvic bone alignment and pelvic floor function. Issues with your back often show up in the muscles of your hips and legs. The nerves to your leg muscles and your pelvic floor muscles start in the low back and travel across the hips and into the muscles. (Nerves are colored yellow)

BACK VIEW



Thank you for reading – if you need more information, or want to make an appointment, please call us!

YKHC
907-543-6000

Therapy Services
Physical/Occupational/Speech Therapies
907-543-6342

Behavioral Health
907-543-6100

Primary care appointments
907-543-6442

Diabetes
907-543-6133

Diagram resource citation
<https://pelvicglobal.com>

PT resource @ PESI
<https://www.pesi.com>

Exercises @ hep2go

Pelvic Floor

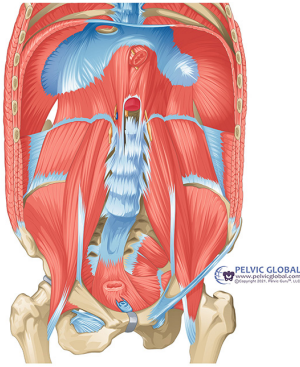
Everybody has one!



Your pelvic floor is an important foundation for movement and function, no matter what you are doing.

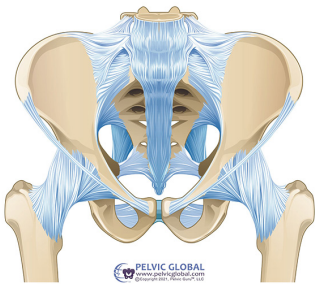
Trunk and pelvic floor anatomy

Your trunk muscles and your pelvic floor work together to support your spine and pelvic girdle. The alignment of your bones can be affected if any of these muscles are stiff or weak.



Pelvis and ligaments

Underneath all the muscles are several thick, strong ligaments, attached to the bones of your pelvis. The ligaments and muscles work together to give you a strong and flexible foundation for standing and moving. Stiff or weak muscles can put more stress on the ligaments, and trauma can cause sprains or tears to the ligaments.



One easy exercise to improve pelvic floor function

Bridge

- Tuck your back flat
- Lift hips off the table as you breathe out
- Stay pain free
- Lower slowly

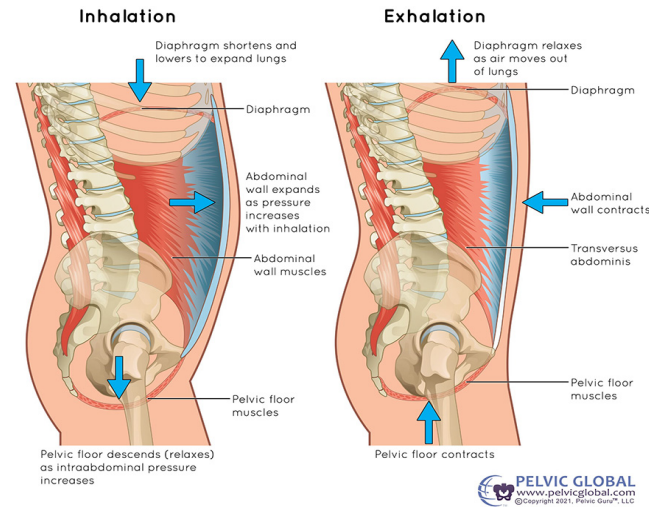


Your CORE and your PELVIC FLOOR

You probably have been breathing for several years — your diaphragm, core and pelvic floor muscles allow you to do this all day, every day, without thinking about it.

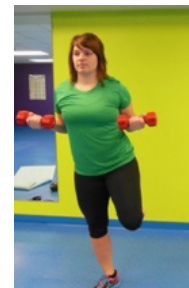
How to breathe

- Use your diaphragm to pull air into your lungs
- Let your belly relax a little.
- Keep your chest and shoulders relaxed.
- Breathe out – press your belly back toward your spine gently, and pull up with your pelvic floor muscles.

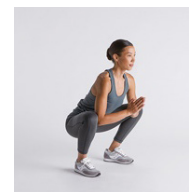


Other ideas to improve your pelvic floor function

Light lifting with PERFECT body mechanics. Practice light, intentional, abdominal bracing.



A deep squat stretch helps to relax the pelvic floor. Hold on for balance as needed.



Self-screening for pelvic floor weakness

Have you ever had:

- Low back pain, tailbone pain or hip pain?
- Leaking when you sneeze/cough/jump/lift?
- Back/hip/leg pain when exercising or working hard?
- Difficulty controlling or fully voiding your bowel or bladder?

Targeted exercises can be very helpful

Should you do Kegel exercises?

YES - IF you have

- Urinary leaking without pelvic pain
- Struggle with achieving orgasm after vaginal delivery

NO- IF you have

- Painful sex
- Lower abdominal pain/intense cramping
- Symptoms worsen with Kegel exercise

Not sure? Talk to a therapist at Therapy Services

How to Kegel

- Sit up tall on a firm surface – feel your sit bones – balance your weight on your sit bones
- Take a deep breath – feel your pelvic floor relax underneath you (*)
- Exhale – gently contract your abdomen as you lift up on the pelvic floor muscles.
- Inhale and allow the abdomen and pelvic floor to relax and soften.
- (*) If you have difficulty feeling the pelvic floor muscles, roll a small towel and place it between your sit bones. Try to lift the towel as you contract your pelvic floor.

Focus on doing five full contractions Fully relax the pelvic floor in between.

Call 907-543-6342 to talk to a Physical Therapist if you have questions, or want to schedule an appointment.