



# PELVIC FLOOR HEALTH = *WHOLE HUMAN HEALTH*

*Pelvic Floor Therapy goes WAY beyond “kegels”!*



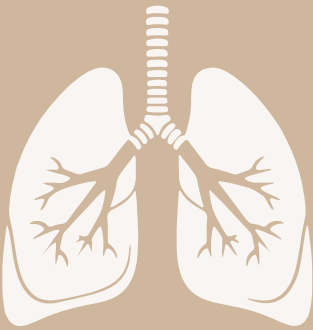
*The entirety of our **Musculoskeletal System** is interconnected, with the pelvis & pelvic floor as the cornerstone. The movement patterns of our feet, hips, spine, neck and jaw influence, and are influenced by, our pelvic floor function.*

*Care looks like:* Exercise and movement that address the whole body, bodywork beyond the pelvic floor



*Our **Nervous System** is queen! Holding too much pelvic floor tension is a part of a subconscious physical response to a perceived threat. Thoughts, emotions, perception of safety, and beliefs about our body impact pelvic floor health.*

*Care looks like:* Creating a safe container for treatment, working with a team of providers you trust, activities to regulate your nervous system, collaboration with a mental health professional or coach



*A balanced, expansive **breath** supports a balanced, responsive pelvic floor. Healthy breathing patterns, with proper ribcage and diaphragm movement, translates into a reflexively strong core- which includes our pelvic floor!*

*Care looks like:* Bodywork for the respiratory system, intentional breathwork



*Our **Digestive and Urinary Systems** and pelvic floor are designed to communicate. Our abdominal and pelvic organs are constantly “talking” to our pelvic muscles through intricate reflexes. When one side of the conversation goes awry, the other adapts.*

*Care looks like:* Education to reduce digestive inflammation, foods/drinks that can worsen symptoms, visceral/organ mobilization, collaboration with a nutrition professional