

PELVIC FLOOR HEALTH = WHOLE HUMAN HEALTH

Pelvic Floor Therapy goes WAY beyond “kegels”!



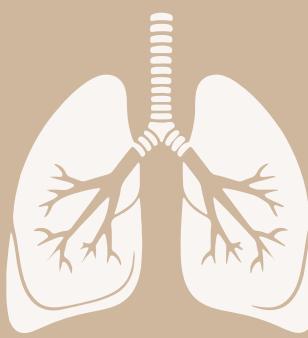
*The entirety of our **Musculoskeletal System** is interconnected, with the pelvis & pelvic floor as the cornerstone. The movement patterns of our feet, hips, spine, neck and jaw influence, and are influenced by, our pelvic floor function.*

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



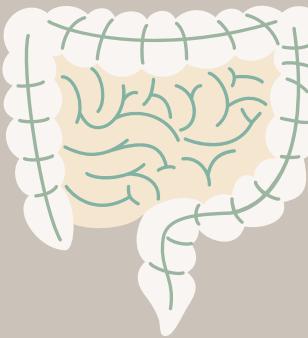
*Our **Nervous System** is queen!* Holding too much pelvic floor tension is a part of a subconscious physical response to a perceived threat. Thoughts, emotions, perception of safety, and beliefs about our body impact pelvic floor health.

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