

# **Pelvic Floor Masterclass**

# Aim Today

What is the pelvic floor and how does it change during perimenopause?

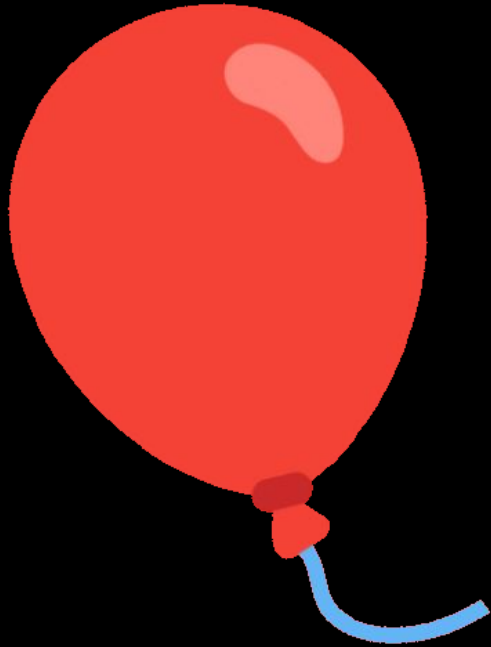
Ways to strengthen and look after your Pelvic Floor

Link between PF, breathing and strength training

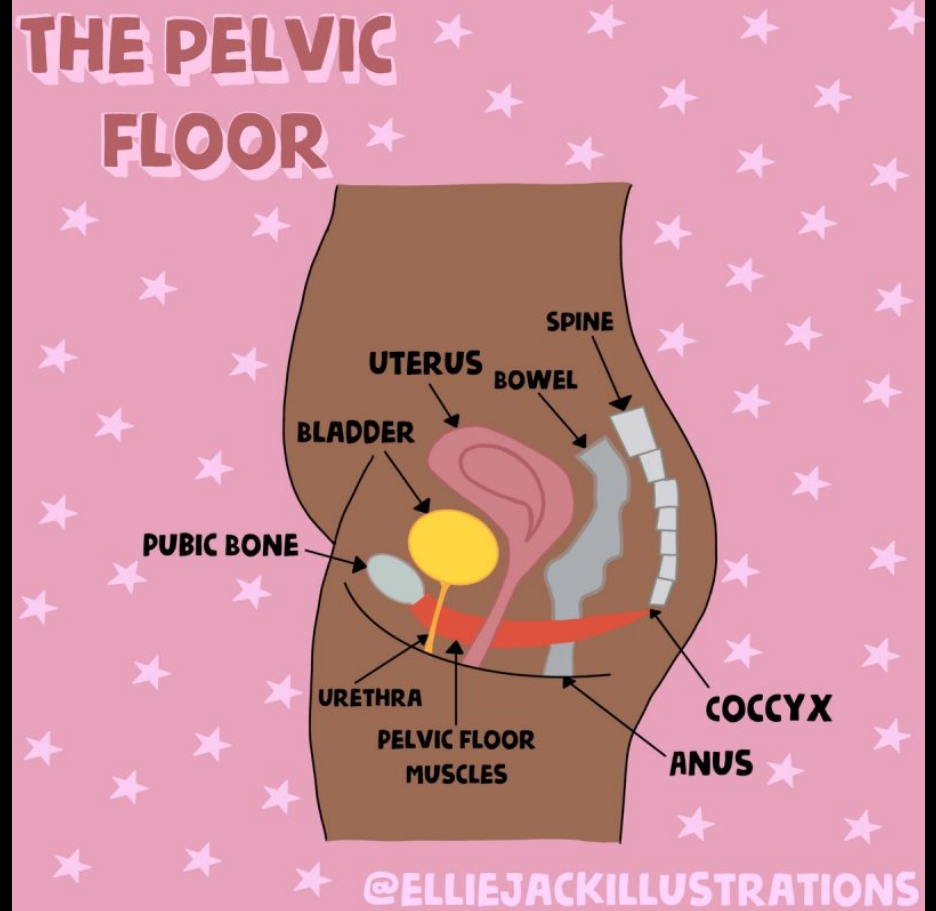
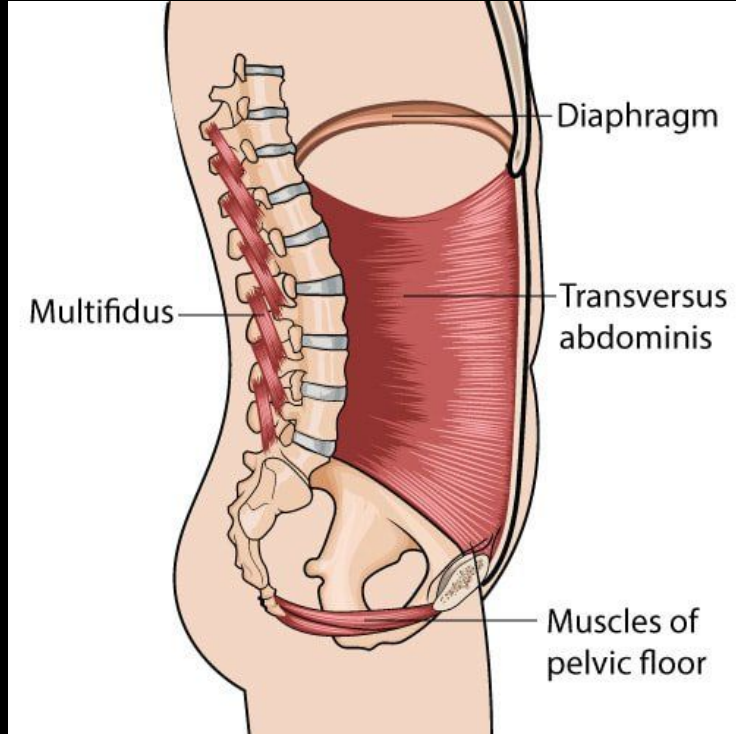
## **Biggest Takeaway:**

Pelvic floor is a muscle system that responds to training

# Balloon Test



# What is the Pelvic Floor?



# How does it change during Perimenopause?

Top three changes and why it affects the PF:

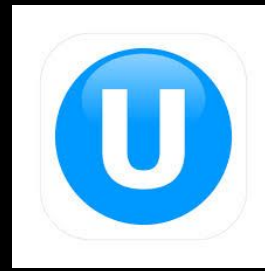
- Estrogen Deficiency and Tissue Changes
- Reduced Muscle Mass (Sarcopenia)
- Reduced Collagen Content

**PF is a group of muscles that CAN be trained**

# Too weak or too tight?... That is the question....

Symptom	Weak Pelvic Floor (Hypotonic)	Tight Pelvic Floor (Hypertonic)
Leakage	Leaking during coughing, laughing, exercise (Stress)	Leaking due to sudden, intense urge (Urge)
Pain	Generally absent, unless prolapse is present	Common (pelvic pain, tailbone/hip pain)
Sex	Less sensation, difficulty with orgasm	Painful intercourse (burning/penetration pain)
Urination	Trouble holding pee/poop	Difficulty starting or fully emptying
Bowel	Fecal leakage, difficulty holding gas	Chronic constipation, painful bowel movements
Sensation	Heaviness, pressure, feeling of "dropping"	Constant tension/gripping feeling

# Who and What Can Help?



Pelvic Floor Physio

NHS Squeezy(2.99), GetUBetter (free) or BuffMuff App (free to download, but training is a membership) - reminders, plans and little training to follow

Local vaginal estrogen creams, pessaries, gels or rings. - localised.

Type 1 & 3 Collagen supports PF health (pair with vitc and magnesium)

Fibre (25-30g)

Weight training!

*“Research shows full-body exercises can significantly affect pelvic floor activation more than isolated Kegel exercises. Current research, the effectiveness of various exercises at activating the pelvic floor muscles is as follows:*

- *Bridges: 56% more effective than Kegels.*
- *All-fours hovering: 49% more effective.*
- *Lunges: 42% more effective.*
- *Squats: 30% more effective.*
- *Clamshells: 25% more effective.*

*These findings highlight the importance of full-body exercises for overall body strength and enhanced pelvic floor activation. While Kegel exercises strengthen the pelvic floor, integrating exercises like bridges and squats can provide even more significant benefits.”*

**Together...a match made in Pelvic Floor Heaven!**

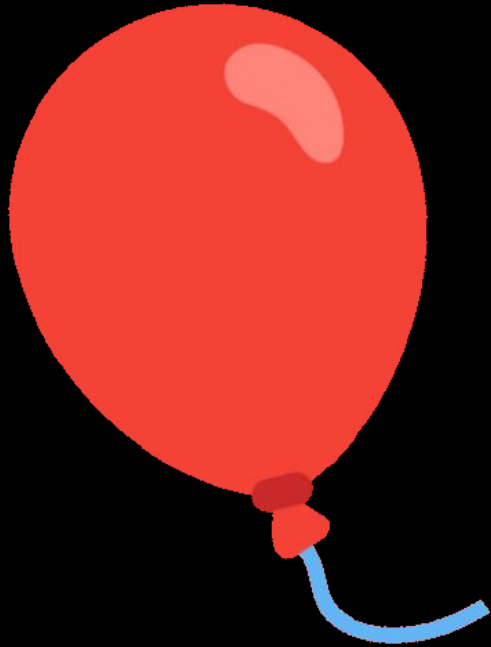
# Is lifting weights bad for your pelvic floor?

1. Performing each movement with correct form
2. Bracing and breathing correctly to manage intra-abdominal pressure
3. Listening to your body

When you're ticking these boxes, strength training is associated with improved pelvic floor function, healthy weight management, reduced risk of pelvic floor disorders and better quality of life.



# Balloon Test



**Just like any muscle, your Pelvic Floor CAN  
become strong and secure at any age**