

- Pelvic floor challenges are very common. Statistically 30 - 40% of women will experience some form of incontinence, or inability to control urine, faeces or gas
- Around 50% of women will experience some form of pelvic organ prolapse
- The most common advice given to women is go home and do your kegel exercises, and we need a lot more than that
- We need someone to evaluate our pelvic floor so that we get an understanding of what our pelvic muscles need more of. Do they need more relaxation and release work? Do they need more work on the closure or do they need more work on the actual lift?
- A kegel is a form of pelvic floor exercise - it is a contract, and a lift and a let go of the pelvic floor muscles
- Pelvic floor engages with exhale of breath
- We want to train our pelvic floor with movement rather than just doing our exercises when we're stationary
- Our best line of defence for anything pelvic floor related is a pelvic floor physiotherapist. We want someone that is trained with muscle function rather than pharmaceutical or surgical repair as a first step. Even if we do then go on for surgery, we still want to have the physiotherapist on our team
- Physiotherapists handle the internal evaluation and treatment and movement professionals will handle exercise and fitness as it pertains to improving or optimizing pelvic floor function. The two make a really powerful team
- The pelvic floor needs movement, and we benefit from a variety of it
- Pelvic floor doesn't get better magically. In fact, it can worsen with age. We should take action and see a physio, and make sure we're doing pelvic floor exercises every single day, and we can incorporate it into existing workouts
- We benefit from activity that loads the system. In order for us to build strength and resiliency we need something to respond to

- We need to introduce some challenge to the muscles
- Local vaginal oestrogen is incredibly beneficial
- Sex can also help with those challenges
- The bridge exercise is fantastic for building up the glutes (our bum muscles). When we have strong glutes, it translates into helping out with the pelvic floor as well
- Hip thrusts, squats are also good exercises. Squats are something that we need to do on a daily basis
- You do not need to accept pads as your destiny - i.e. vaginal dryness
- Exercise, moisturising your vagina and oestrogen can be a transformative trio in terms of what ails us