

5 FUNCTIONS OF THE PELVIC FLOOR MUSCLES

1

SUPPORT THE PELVIC ORGANS

STABILIZE POSTURE & BALANCE

2

3

BLADDER & BOWEL CONTROL

SEXUAL FUNCTION:
AROUSAL & ORGASM

4

5

FACILITATE BLOOD & LYMPHATIC FLOW



MORE INFO:

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5 FUNCTIONS OF THE PELVIC FLOOR MUSCLES

1

Provide support to the bladder, intestines, & uterus. This support is crucial for maintaining the proper positioning and function of these organs.

2

Work with muscles of the abdomen & back to stabilize and support the spine. Crucial for posture, balance, & the prevention of pain with functional movement.

3

Essential in controlling the release of urine, feces, & flatus, to help maintain continence. They tighten to prevent unwanted release & relax to allow.

4

Contribute to sensation and arousal. They are involved in erectile function/ejaculation. Contribute to the sexual arousal & sensation of orgasm.

5

Contraction and relaxation of the pelvic floor muscles help facilitate blood flow and lymphatic fluid in the pelvic region, which can impact menses and GI system.



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