



Yoga for Pelvic Floor Health and Incontinence

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Week 2

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Yoga for Pelvic Floor Health and Incontinence – Week Two

Exercising with Prolapse

- What is prolapse?
- What causes prolapse?
- Signs and symptoms
- Tips to help POP
- Exercising with POP
- Breathwork, poses, movement

What is Pelvic Organ Prolapse (POP)?

- Women - Downward movement of 1 or more walls of the vagina including descent of one of the pelvic organs - bladder/rectum/bowel/uterus.
- Men - Downward movement, bulging or dropping of rectum/bowel or bladder

What Causes Pelvic Organ Prolapse (POP)?

- Pregnancy/childbirth
- Chronic Constipation
- family history of prolapse
- Overweight
- Age
- Menopause changes
- Chronic Cough

Signs and Symptoms of Pelvic Organ Prolapse (POP)?

- Dragging / heaviness sensation
- Seeing or feeling a bulge
- Incontinence
- Back ache
- Abdominal discomfort
- Sexual dysfunction
- Affects quality of life

Tips to help Pelvic Organ Prolapse (POP)?

- SPEAK WITH YOUR GP!
- Bowel care - squatty potty
- NICE guidelines - take a look
- Bladder care - sit on loo NOT hover
- Bladder POP - struggle to empty bladder - after little wee, stand up, sit back down and try again.
- Weight - be aware of extra weight around abdomen
- Topical oestrogen - for some women can be helpful
- Pelvic stability exercises (this course!)



Intestine is pinched
and blocked



The healthier way to sit
in the toilet.

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Exercising with Pelvic Organ Prolapse (POP).

- Advice can be mixed
- Certain exercises may aggravate symptoms
- Exercises carried out correctly can help POP rehab
- Start with low impact exercise -
yoga/pilates/swimming
- With guidance from physio add progressive loading
impact exercise - vital for bone density
- BE AWARE of symptoms during & after to determine
what is working for you & what is not.
- Pelvic floor exercises - standing up

Yoga - Breathwork, Poses & Movement

- Pelvic floor exercises - standing up
 - Diaphragmatic Breathing
 - Practicing with patience and compassion
 - Slowing down
 - Relaxation (different from rest)
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- Squatty Potty
 - Emsella Chair