

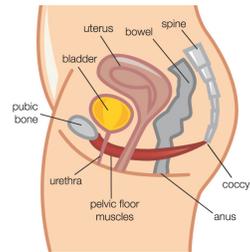
PELVIC FLOOR CARE

Valarie Anderson, RYT 200h

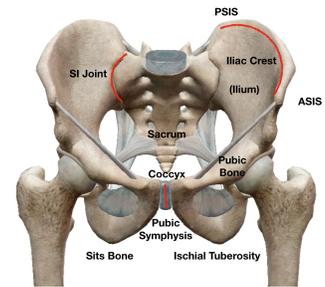
EDUCATION

Education is a key component to demystifying and discovering awareness for your pelvic floor!

- The pelvic floor is like a bowl shaped trampoline of layered muscles, tendons, nerves, ligaments, and connective tissue. In females it holds the bladder, uterus, and bowels. In men it holds the bladder, prostate and bowels.
- Pelvic health can be directly related to properly functioning breathing, spinal support and posture, sexual roles, and both urinary and fecal continence.



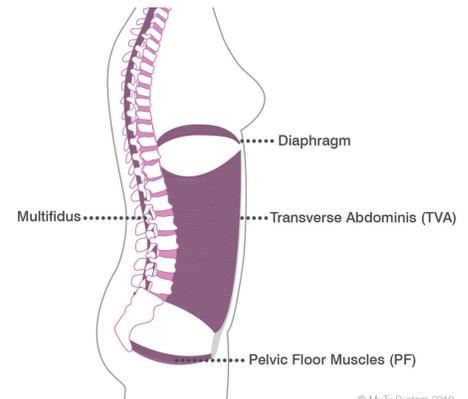
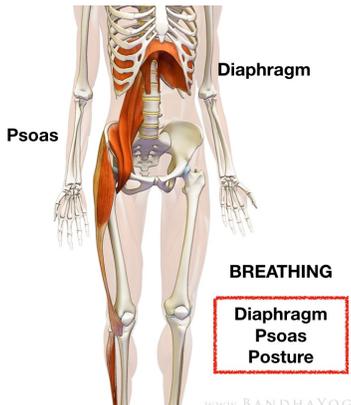
© Continence Foundation of Australia 2013



BREATHING

Breathing proficiently can improve your overall internal pressure, posture, and energy.

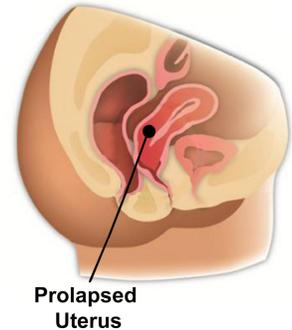
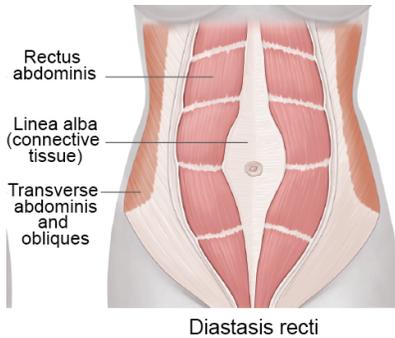
- The main muscle of breathing is called the diaphragm. It caps the bottom of the ribs, separating the thoracic cavity above (lungs & heart), from the abdomen below (rest of internal organs).
- When we inhale the air should come from the nose, down the throat, and expand in 360 degrees throughout the rib cage or thoracic area (like a balloon filling top down).
- Due to increased internal pressure from the expanded lungs and contracted diaphragm the belly will protrude slightly and the pelvic floor will contract downward.
- When we exhale the air will leave in reverse from bottom up, pressure is alleviated from the abdominal area, and the pelvic floor contracts upward. All of these motions should happen automatically without conscious awareness to be considered functioning properly.



DYSFUNCTION

Problems come in many forms and can affect anyone regardless of age, sex, or activity.

- Overly tight pelvic floor muscles can cause urge incontinence (the need to urinate often or without control), constipation, SI (sacrum ilium) joint pain, sciatic nerve pain, and sexual dysfunction to name a few.
- Weak pelvic floor muscles can cause stress incontinence (loss of urinary control), organ prolapse (bladder, uterus, rectum), diastasis of the rectus abdominus (separation of the frontline vertical abdominal wall), and pain to name a few.



HEALING

Healing is possible, with commitment and time. Pelvic floor issues are common, you are not alone, and I can help. **Schedule a private consultation: valariefanderson@gmail.com**

- Why work with me? My main goal is to bring social awareness for how common issues with the pelvic floor are, and to create community and personal space for healing. I offer a one-on-one personalized approach to care, which can be partnered with your medical provider's advice or programming. I promise to support your emotional and physical needs, while giving you knowledge and body awareness to work more effectively with your doctor.
- What is a private session like? First we talk. We talk about you, what symptoms you are having, what issues they may stem from, what your doctor's advice is, and then build a program around returning you back to living your fullest life. Investment includes preplanning, recorded sessions, mutual feedback, and emails between meetings for accountability and additional resources. My scope of practice is:

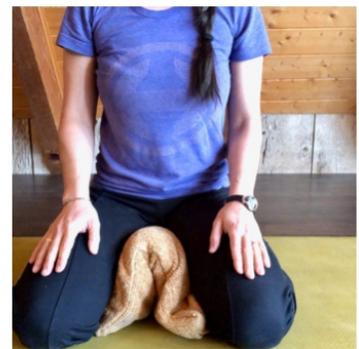
| Movement Strength Training | Physical & Mental Relaxation Techniques | Breath Work |



BREATHING



AWARENESS



HEALING

| Valariefanderson@gmail.com | valarie-anderson.com |