


Beyond Kegels

A Lifetime of Pelvic Health



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A Lifetime of Pelvic Health: Beyond Kegels

Simple Self-Care for Bladder and Bowel Control
Pelvic Floor Exercises


KATHE WALLACE, PHYSICAL THERAPIST

Resources at KatheWallace.com/lecture

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Overview- Bladder & Bowel Health

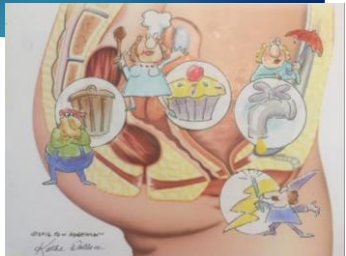
- ▶ Normal Bladder Habits
- ▶ Techniques to prevent or help leaks
- ▶ Bowel Health
- ▶ Benefits of Healthy PF
- ▶ How to use your pelvic floor (Kegel Muscles)



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Benefits of a Healthy Pelvic Floor (PF) and Functions


- ▶ Support for the organs, spine and pelvic girdle.
- ▶ Sphincter Bowel & Bladder
- ▶ Sexual Functions




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Signs you might have an UNDERACTIVE Pelvic Floor

- ▶ Leakage of bladder or bowel
- ▶ Organs dropping (prolapse) or pelvic pressure
- ▶ Decreased sexual appreciation
- ▶ Lower back, pelvis and hip aches/pains



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Signs you might have an OVERACTIVE Pelvic Floor

- ▶ General pelvic or bladder pain or pressure
- ▶ Difficulty Emptying (bladder retention and bowel constipation)
- ▶ Incomplete emptying or pain with emptying
- ▶ Painful sexual activity or difficulty with orgasm
- ▶ Bladder urgency (gotta go) and frequency
- ▶ Lower back and hip aches and pains

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Meet Your Pelvic Floor!

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**The Front and Back Passages
Pelvic Floor Surface & Deep Layers**

Female Male Female

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Activate Cues and Release Cues

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Cues for Activation of the PF Muscles

FEMALE SPECIFIC

- ▶ Close the vaginal lips, nod the clitoris, pucker "wink" your anus
- ▶ Stop the urine flow, tighten the vagina
- ▶ Hold back gas /tighten around the anus

DIAGRAM 2: PELVIC FLOOR CONTRACTION

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Types of Pelvic Floor Muscle Contractions with 80% Effort

- ▶ **Fast Contractions- Faucet** – Rapid/Quick squeeze and release
- ▶ **Holding/Endurance - Dam Contractions** Ramping up to 80% of max
- ▶ **Functional** – Squeeze before you sneeze After toileting

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Long Term Goals and Exercise Training

- ▶ **Muscle awareness/ release**
- ▶ **Lifting contractions quick and hold**
- ▶ **To strengthen**
 - ▶ 10 second contraction
 - ▶ 30+ repetitions
 - ▶ 8 + weeks training
 - ▶ Functional use

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The Pelvic Floor Muscle Team

- ▶ **Deep Abdominals**
- ▶ **Inner Thigh**
- ▶ **Buttocks**

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Exercise the Team Muscles The abs, adds and gluts/rotators

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How much is too much PF?

► If your muscles are overactive - work on release first!

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Diaphragm Breathing and PF Release

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Balance Practice Neutral Pelvis, PF activation

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Let's Talk about Bladder & Bowel Health

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Bladder Facts

- Holds ~ 2 cups
- Empty 5-8 times in 24 hours
- Wait 2 hours
- No pushing to pee

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Water Intake & Bladder Irritants

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Overactive Bladder and Urge Incontinence

UROLOGY
UROLOGY DEPARTMENT,
CAN YOU HOLD??

Urinary Frequency

Triggers

There's a ladies room two blocks ahead on the right!

Anxiety

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Urge Control

Urge Suppression Techniques

- ▶ Stop activity – "I am in control of my bladder"
- ▶ Contract the pelvic floor muscles- try either a hold or 4 quick contractions
- ▶ Deep breathing – positive self thoughts
- ▶ Use distraction techniques
- ▶ Walk slowly to the bathroom – don't run

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Bowel Facts - Constipation

BRISTOL STOOL CHART

Type 1	Separate hard lumps	SEVERE CONSTIPATION
Type 2	Lumpy and sausage like	MILD CONSTIPATION
Type 3	A sausage shape with cracks in the surface	NORMAL
Type 4	Like a smooth, soft sausage or snake	NORMAL
Type 5	Soft blobs with clear-cut edges	LACKING FIBRE
Type 6	Musky consistency with ragged edges	MILD DIARRHEA
Type 7	Liquid consistency with no solid pieces	SEVERE DIARRHEA

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The Pelvic Floor and the Bowel To Hold or not to Hold

PF Muscle Contracting

PF Muscle Relaxing to Empty

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Proper Toileting Posture & Posture

Evacuation Plan!

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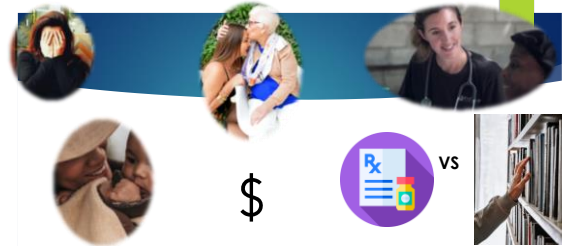
Tips for Good Bowel & Bladder Health

► Dietary Considerations

- Fluid intake
 - Adequate: 6-8 cups per day
 - Avoid Dietary Bladder Irritants
- Fiber intake to avoid constipation
- **Weight Loss** - especially with Type II Diabetes
- **Eliminate Smoking**



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Don't Delay Learning or Treatment

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Links to Resources

kathewallace.com/lecture

- NAFC.org National Organization for Continence
- Continence.org.au Continence Foundation of Australia

Find a Physical Therapist provider

- APTAPelvicHealth.org/ptlocator
- PelvicRehab.com
- PelvicGlobal.com/Directory

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Summary

- ~80% of bladder and bowel problems improve with self care strategies alone
- Learning to use or release your pelvic floor takes time – Practice with everyday activities and fitness activities



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Questions?



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