

Contents

Fitness for the Pelvic Floor		
Treatment Options and Exercises for Improvement of Physical and Sexual Health		1
Introduction		2
Part I		
Anatomy and Physiology of the Pelvic Floor		5
1 Introduction	6	
2 Layers of the Pelvic Floor	8	
First Layer (Endopelvic Fascia)	8	
Second Layer (Pelvic Diaphragm).....	9	
Third Layer (Urogenital Diaphragm) ..	10	
3 Evaluation of Breathing	14	
4 Bladder and Bowel Voiding Diary ...	16	
5 Bladder and Bowel Incontinence	17	
Functions of the Pelvic Floor Muscles .	17	
Consequences of Weak Pelvic Floor Muscles	17	
Medications	18	
Nutrition and Intake of Fluid	18	
Toilet Habits and Training	19	
Voiding Diary and Counting Seconds .	19	
Traditional Exercises	19	
Functional Pelvic Floor Exercises	20	
Part II		
Treatment Options and Exercises.....		21
6 The Pelvic Floor – The Forgotten Muscle	22	
Medical Examination	22	
Safety Precautions.....	22	
7 Sensory Awareness – Feeling the Pelvic Floor	24	
Awareness through Touching (Palpation).....	24	
Awareness through Visualization.....	25	
Awareness through Feeling by Touching	27	
Additional Possibilities for Feeling the Pelvic Floor Muscles	27	
8 Exercises to Increase Sensory Awareness of the Pelvic Floor	31	
9 Breathing Evaluation and Treatment of Breathing Dysfunction	34	
Correction of Breathing Patterns	34	
Observation of the Shape of the Ribcage	34	
10 Treatment with Functional Exercises	38	
Prolapsed or Backward-Tilting Uterus	38	
Prolapsed Uterus or Bladder	39	
Backward-Tilting Uterus	40	
Prostate Surgery	42	
Pain of the Pelvic Floor Muscles and Leakage of Urine during Intercourse	47	
Injuries to the Pelvic Region following Accidents	48	
Incontinence of Gas (Flatulence), Fecal Incontinence, and Hemorrhoids.	49	
Treatment of Children with Incontinence	50	

11 Functional Exercises for the Pelvic Floor	52	Standing and Sitting Correctly for Good Posture.....	69
Exercises with the Swiss Ball	52	The Iliopsoas and Rectus Femoris Muscles.....	71
Exercises with Resistive Elastic Band (Thera-Band)	62	The Hamstring Muscles	75
Exercises in Standing Position	64	The Tensor Fasciae Latae Muscle.....	76
Challenging Exercises	66	The Piriformis Muscle	79
		The Adductor Muscles	81
12 Stretching Exercises for the Muscles Surrounding the Pelvic Floor	69		
Appendix			83
Physical Therapy Evaluation of Female Incontinence	84	Re-evaluation Post Prostate Surgery	84
Physical Therapy Evaluation of Male Incontinence	87	References	95
Physical Therapy Evaluation of Male Patients Scheduled for or Post Prostate Surgery	90	Glossary	97