

# ATHLETICO

PHYSICAL THERAPY

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## Pelvic Floor Home Program

The pelvic floor is actually composed of two rings of muscle. The deeper layer is called the pelvic diaphragm. The more superficial layer is called the urogenital diaphragm. These muscles work to control urinary and fecal continence. When the pelvic floor muscles are tightened, the urethra and bladder are lifted up higher into the pelvic cavity. Contraction of the pelvic floor muscles help to stop the flow of urine, and along with the anal sphincter controls gas and stool. Good pelvic muscle tone provides support to the pelvic contents. Poor muscle function can lead to problems with prolapse.

