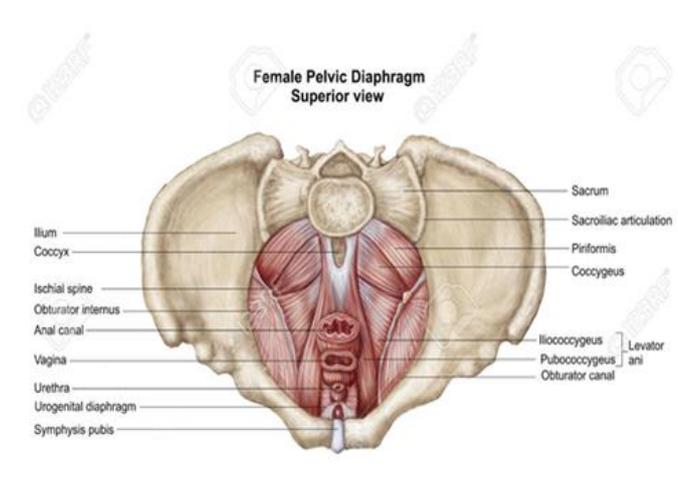


The diagram above illustrates the inter-relationship of the general women's health aspects

The Supportive Function of the Pelvic Floor Muscles:

A women's body is dynamic and adapts to physical changes to accommodate all the challenges on her journey through life.

Women's health aspects relating to the function of the pelvis and pelvic organs, such as vaginal health, urinary and bowel function are supported by the muscular-skeletal complex of the pelvis and the pelvic floor. When the supportive role of the pelvic floor muscles is impaired, it can contribute to or even cause dysfunction of the bladder and bowel. These dysfunctions can cause urinary incontinence or over-activity of the bladder, faecal incontinence, pelvic organ prolapse as well as pelvic pain and can ultimately impact the quality of a women's life.



Female Pelvic Diaphragm

The pelvic floor is a layered arrangement of muscles on the lower end of the pelvis. The integrity of the muscles can be compared to the characteristics of the criss-cross fibres of a woven basket. A woven basket holds its form and protect its content by absorbing the weight and forces impelled on it, so would the pelvic floor protect the pelvic organs by absorbing the inter-abdominal forces that interacts on the pelvic floor.

The woven basket will not be able to hold its form or be effective in holding its content when the woven fibres are brittle and torn. Similarly, the pelvic floor muscle fibres cannot function optimally in the event of tightness and or weakness of the muscle fibres.

The pelvic floor muscle group is a muscle group with different functions. It has to control the sphincters of the urinary tract as well as the back passage, enhance sexual function, assist with birth process and in combination with the abdominals and deep stabilisers of the spine assist with the position of the pelvis in relation to the spine as well as stability of the spine.