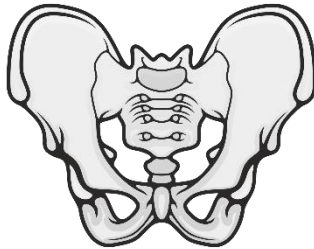




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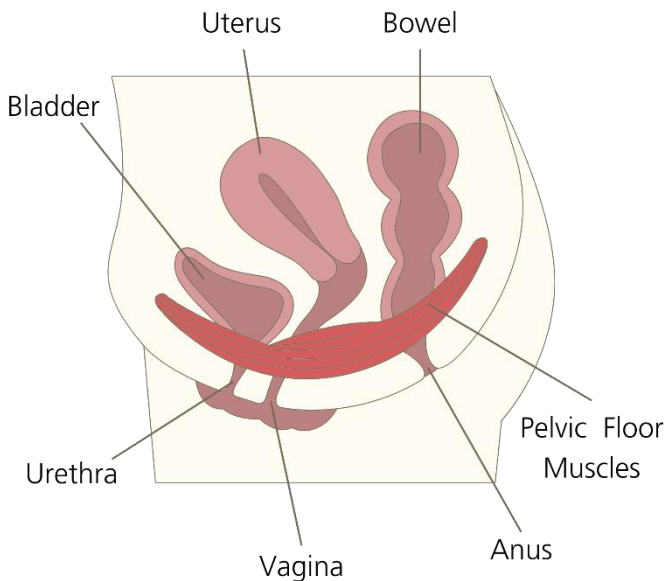
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Female Pelvic Floor and Physiotherapy



What is Female Pelvic Floor?

The pelvis is the group of bones like a ring between your hips. Female pelvic floor consists of fallopian tubes, ovaries, uterus, cervix, bowels, bladder, pelvic floor muscles, clitoris, vagina, urethra, and rectum. Pelvic floor muscles support pelvic organs to prevent any prolapse and also assist in sexual health. Lower back muscles and abdomen play an important role to support pelvic organs.



What is pelvic organ prolapse “POP”?

Sliding of one or more part of pelvic organ from its normal place resulting in a pressure on vagina. POP does not consider as a major health issue, however, it could be painful.

What are the causes of POP?

POP occur mainly due to weakness of muscles and tissues that support the pelvic organs or due to muscles damage through the following factors:

- Pregnancy and vaginal delivery that leads to over-stretching of muscles and/or damage.
- Elderly.



What are the causes of POP?

- Activities or any body movements that leads to increased abdominal pressure such as obesity, carrying heavy objects, chronic cough, and constipation.



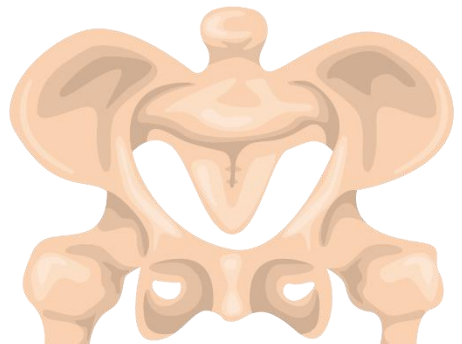
Note: POP commonly affects older persons post menopause, but could also affects young adults. POP is inherited.



What are the types of POP?

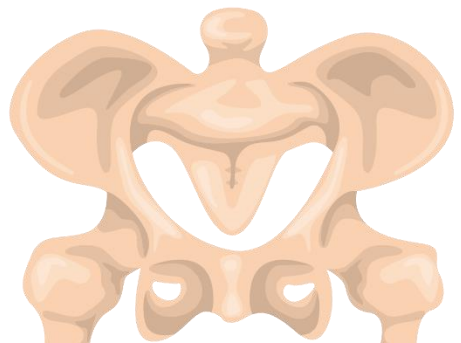
POP could occur in one or more than one part of pelvic organ at the same time. Types of POP as follow:

- **Bladder prolapse:** bulge or lump in one or coming out of the vagina is also called anterior vaginal wall prolapse.
- **Urethral prolapse:** occur when there are visible tissues sticking out of the urethral opening and makes pressure on anterior vaginal wall
- **Uterine prolapse:** slipping down of uterus into or bulge outside of the vagina.



What are the types of POP?

- **Vaginal prolapse:** feeling of heaviness or bulge at the anterior vaginal wall or outside the vagina. Patient may feel sitting on a small ball. It might occur after surgical removal of uterus or recurrent prolapse.
- **Enterocele:** occur when small intestines move and press against upper vaginal wall leading to a bulge.
- **Rectocele:** occur when end part of large intestines moves and press against posterior vaginal wall leading to a bulge. It also called posterior vaginal wall prolapse.



What are the symptoms of POP?

- Feeling of heaviness or fullness lower abdominal area.
- Feeling of heaviness inside vagina.
- Feeling of bulge outside vagina that can be seen
- Pain on thighs and/or lower back.
- Pain during intercourse or loss of sensation.
- Bladder problems including loss of urine, low urine stream, urinary frequency, and/or urgency.
- Difficult defecation especially for persons complaining of constipation.

Symptoms might worsen with prolonged standing, jumping, carrying heavy objects which ceased with laying down.

How to prevent POP?

If one of your family has a POP so the chance to have POP is increased since the condition is inherited. Kindly follow the following instructions to prevent POP:

- Strengthen your Pelvic floor muscles by consulting [Women's Health Physiotherapy Specialist](#) to plan individualized pelvic floor muscles training according to your needs.
- Make sure to strengthen your abdominal and lower back muscles, which play an important role in stabilizing the pelvic floor organs to prevent prolapse.
- *Do not carry heavy objects*, if there is a must to carry a heavy object, remember to keep your back straight, bend your knees, and try to contract your pelvic floor muscle by imagining catching a vaginal repository trying push it in not to be slipped outside the vagina.

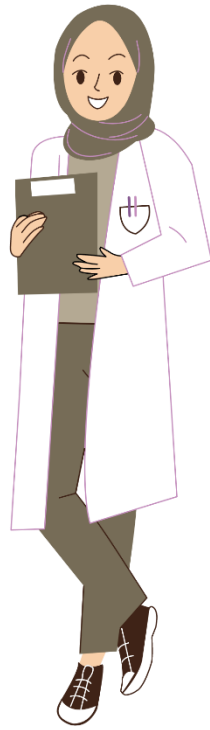
How to prevent POP?



Note: consult your physician or Women's Health Physiotherapy Specialist for further information.

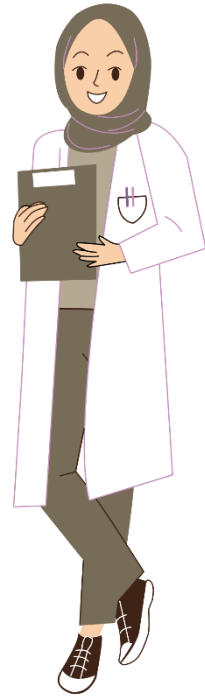
How is POP diagnosed?

POP is diagnosed through a detailed patient history taken by a specialized physician or Women's Health Physiotherapy Specialist then clinical examination should take place for pelvic floor area.



How to treat POP?

- Behavioral interventions: maintain normal bowel movement.
- Strengthening exercises for pelvic floor muscles with specialist by evaluation and then set a plan of training based on your muscle power- Do not follow you-tube videos for Kegel exercises because each person has different pelvic floor muscle power and endurance.
- Maintain healthy body weight.
- Pessary to support the prolapsed organ, consult your specialist.
- Surgical intervention in severe cases.



Sources and references:

All images used from [canva.com](https://www.canva.com)

Audit and Auditing:

The content of this booklet has been reviewed by **uro-gynecology**
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Physiotherapy Department

Health Awareness Unit

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