

***WHEN YOU HAVE A MILD PROLAPSE
OF YOUR BLADDER, UTERUS OR RECTUM:***

Exercise and Activity Guideline

➤ EXERCISES TO AVOID

- Avoid situps, crunches, diagonal curls, double leg lowering, planks, low squat, heavy overhead lifting. These exercises can worsen a prolapse.
- Learn how to properly contract the lower abdominal (transversus abdominus) for lower abdominal strengthening exercises.
- Consult with your Pelvic Floor Physical Therapist to identify the best exercise approach for you.

➤ PELVIC FLOOR MUSCLE STRENGTHENING

- Pelvic floor muscle strengthening exercises should be done lying on your back, on your stomach or on your side. With gravity eliminated, the exercise can help reduce the prolapse.
- Consult with your Pelvic Floor Physical Therapist about the best exercise for you.

➤ USE THE PELVIC BRACE TECHNIQUE

- By contracting the transverse abdominal and pelvic floor muscles at the same time, you create your body's natural bracing mechanism to support your pelvic organs, prevent worsening prolapse and decrease stress incontinence.

- Use the Pelvic brace during

Coughing

Sneezing

Laughing

Lifting

➤ CONSTIPATION

- Avoid constipation – this can cause or worsen a prolapse.
- Talk to your healthcare provider to help manage constipation.
- Avoid strain and breath-holding when you are having a bowel movement.