

Posture Tips for Pelvic Floor Function



Posture can make all the difference when you are correcting pelvic floor dysfunction and related concerns.

Why is Correct Posture So Important?

Posture refers to the way the body is positioned. Correct posture involves using your postural muscles appropriately and helps to reduce muscle fatigue and problems typically associated with poor posture such as neck or back strain.

What many of us don't realise is that our posture or the way we hold our body when we sit or stand can also affect our pelvic floor:

- **Slumped forwards posture** (shown right) increases downward pressure on the pelvic floor – this is important for women with pelvic prolapse problems, incontinence (bladder or bowel), or with pelvic floor weakness after childbirth or with pelvic pain.
- **Correct posture improves pelvic floor exercises** – your strengthening exercises will be most effective and successful with the correct spinal alignment.
- **Correct posture promotes deep abdominal muscle activity** – your deeps abdominal muscles support your pelvic organs and promote bladder and bowel control.
- **Correct posture enhances diaphragmatic breathing** – this can help to promote appropriate helpful breathing patterns that enhance pelvic floor muscle activity.



Correct posture for Pelvic Floor Exercises

- Stand with your feet hip width apart
- Balance your weight evenly
- Lengthen your spine by lifting the crown of your head towards the ceiling
- Tuck your chin slightly so that it is not poked forwards
- Relax your shoulders back and down
- Open the chest
- Maintain your normal inward lower back curve
- Feel for the bottom of your ribs and the front hip bones
- Stack the ribs over the hips – avoid flaring the ribs outward

