## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Videos</td>
<td>viii</td>
</tr>
<tr>
<td>Foreword</td>
<td>x</td>
</tr>
<tr>
<td>Preface</td>
<td>xi</td>
</tr>
<tr>
<td>Introduction</td>
<td>xii</td>
</tr>
</tbody>
</table>

## Part I Anatomy and Physiology of the Pelvic Floor

1. **Introduction** ................................................................. 2

1.1 Basic Bladder Neurophysiology ........................................ 3

2. **Layers of the Pelvic Floor** ............................................ 6

2.1 First Layer—Parietalis Fascia (Formerly Endopelvic Fascia) .......... 6
2.2 Second Layer (Pelvic Diaphragm) .................................... 6
2.3 Third Layer (Urogenital Diaphragm) ................................... 9

3. **Evaluation of Breathing** .................................................. 11

3.1 Treatment of Breathing Dysfunction ..................................... 14
3.2 Correction of Breathing Patterns ..................................... 14
3.3 Observation of the Shape of the Rib Cage .......................... 15

4. **Functions of the Pelvic Floor Muscles** ............................... 16

4.1 Bladder and Bowel Function—Elimination and Continence ............ 16
4.2 Pelvic Girdle Stability .................................................... 16
4.3 Sexual Function—Arousal and Pleasure ................................ 16

5. **Understanding Tone Differences in the Pelvic Floor Muscles** .... 17

5.1 Pelvic Floor Weakness (Low-Tone Dysfunction) ..................... 17
5.2 Pelvic Floor Stiffness or “Short” Pelvic Floor Muscles (High-Tone Dysfunction) ................................ 18

6. **Common Forms of Incontinence** ......................................... 20

6.1 Mixed Incontinence ........................................................... 20
6.2 Stress Urinary Incontinence .............................................. 20
6.3  Urgency Urinary Incontinence  20  6.5  Toilet Habits and Training  21
6.4  Urinary Frequency  21

7  Medications, Nutrition, Intake of Fluid, and Adequate Hydration ...  23
7.1  Medications and Continence  23
7.2  Nutritional Intake  23

Part II Treatment Options and Exercises

8  The Pelvic Floor—The Almost Forgotten Muscle Group  26
8.1  Medical Examination  26  8.4  The Emergence of Functional Pelvic Floor Exercises  27
8.2  Safety Precautions  26  8.5  Individual Objectives  28
8.3  The Evolution of Traditional Pelvic Floor Exercises  26

9  Sensory Awareness—Feeling the Pelvic Floor  29
9.1  Awareness through Touching (Palpation)  29  9.5  Awareness Training with a Partner  33
9.2  Awareness through Visualization  31  9.6  Awareness through Hearing (Auditory Input)  33
9.3  Awareness through Feeling by Touching  32  9.7  Awareness Training for Fecal Urgencies and Constipation  34
9.4  Additional Possibilities for Feeling the Pelvic Floor Muscle  32

10  Exercises to Increase Sensory Awareness, Skill, and Coordination of Muscles Attached to the Pelvic Floor  37
10.1  Exercises through Visualization Alone  37  10.5  Sitting on the Heels, Kneeling, or Standing on the Hands and Knees  39
10.2  Exercises Combining Visualization and Movement  37  10.6  Exercises Seated on a Stool  39
10.3  Exercises in Side-Lying Position  39  10.7  Frequency of Exercises  40
10.4  Exercises Lying on the Back with the Knees Bent and Apart  39  10.8  Problems Caused by Hypertonic Muscles in the Pelvic Region  41
Breathing Evaluation and Treatment of Breathing Dysfunction .............. 42

11.1 Correction of Breathing Patterns ........................................... 42

11.2 Observation of the Shape of the Ribcage ................................. 42

Exercises to Increase Sensory Awareness of the Breath and Its Connection to Pelvic Floor Function ............................ 43

Treatment with Functional Exercises .......................................... 47

12.1 Safety with Prop Usage ....................................................... 47

12.2 Positional Challenges to the Pelvic Girdle Organs ........................ 47

12.3 Prostate Surgery ................................................................. 52

12.4 Pain of the Pelvic Floor Muscles and Leakage of Urine during Intercourse .......................................................... 58

12.5 Injuries to the Pelvic Region following Accidents ...................... 59

12.6 Incontinence of Gas (Flatulence), Fecal Incontinence, and Hemorrhoids .......................................................... 61

12.7 Treatment of Children with Incontinence ............................... 62

Functional Exercises for the Pelvic Floor ....................................... 64

13.1 Exercises with the Swiss Ball .................................................. 64

13.2 Exercises with Resistive Elastic Band (TheraBand) .................... 72

Stretching Exercises for the Muscles Surrounding the Pelvic Floor .... 79

14.1 Standing and Sitting Correctly for Good Posture ....................... 79

14.2 The Iliopsoas and Rectus Femoris Muscles ............................... 81

14.3 The Hamstring Muscles ....................................................... 84

14.4 The Tensor Fasciae Latae Muscle ........................................... 85

14.5 The Piriformis Muscle ......................................................... 88

14.6 The Adductor Muscles ....................................................... 89

Appendices .................................................................................... 93

Appendix A .................................................................................. 94

Appendix B .................................................................................. 98

Appendix C .................................................................................. 101

Appendix D .................................................................................. 104

Appendix E .................................................................................. 107

Suggested Reading ........................................................................ 108

Glossary ....................................................................................... 110

Index ......................................................................................... 113