

The Complete Guide To Fixing Your Pelvic Floor

Recently, we hung out with some old friends and had an awesome night filled with laughs, a campfire, and listening to some great old songs that came out when we were all around 22.

It was super fun. But at a certain point the ladies had a conversation. Turns out, all three of us have experienced pelvic floor problems. That really got me thinking.

Because isn't it nuts that three out of three women in the group, have had pelvic floor issues!?!?!? That's not normal!

Turns out it's pretty darned common though.

100% of a fairly random sample are already having problems with our pelvic floors. Sneeze pee, workout pee, that kind of stuff. The kind of stuff that is annoying at 40 and that turns into diapers and surgery at 70.

I already knew that pelvic floor issues are incredibly widespread. But somehow it really came home to me that night.

I'm really lucky and grateful that I found the world of movement when I did, because my pelvic floor is now pretty much 100% functional.

It makes me sad that many of my friends – and many, many other women – struggle with this. When it's totally fixable.

So this post is for you, my friends. And for any other person who wants to know how to fix their pelvic floor, right now.

So, What Exactly Is A Pelvic Floor Issue?

When things aren't in good shape down there, you could notice any of the following problems

- ? Pelvic pain and/or painful sex
- ? A feeling of heaviness or pressure in the pelvis
- ? Unusual bleeding
- ? Constipation
- ? Incontinence, including sneeze pee, laughter pee, workout pee, running pee, urgent need to pee, fecal incontinence.
- ? Or even an organ protruding from your vagina or rectum
- ? Back pain
- ? Hip pain
- ? And for men, erectile dysfunction, pelvic pain, and prostate issues.

Often pelvic floor issues go hand in hand with abdominal issues like hernias, low back pain or a diastasis recti because they have similar causes.

