



پیوسته است از کلمه



prevention of pelvic floor disorders

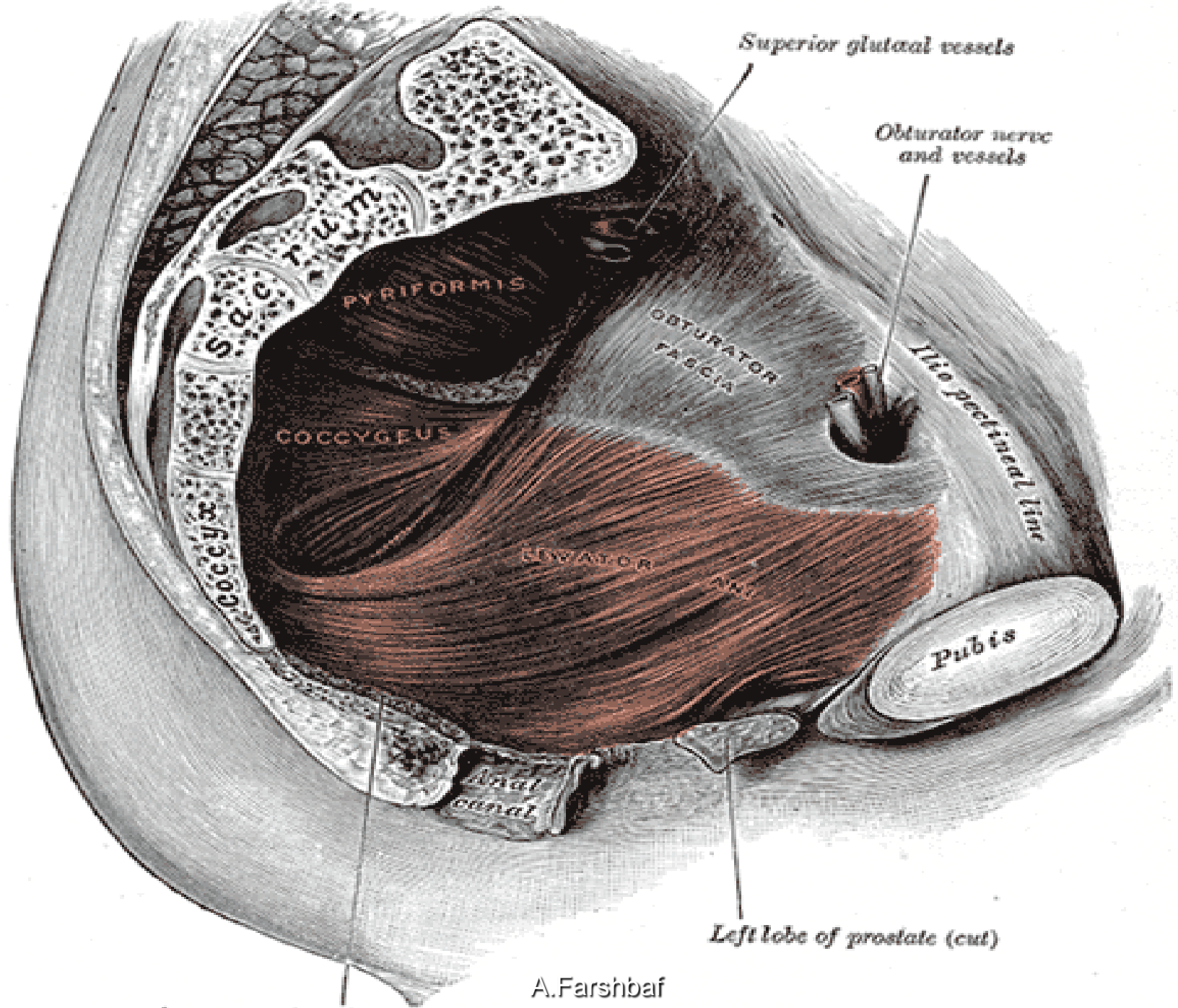
فرشباغ خلیلی

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What are the pelvic floor muscles and why are they important?

- The pelvic floor muscles form a broad sling between your legs from the pubic bone in front to the base of your spine at the back. They help to hold your bladder, uterus and bowel in place. These muscles also give you control over when you empty your bladder or move your bowels.

- If your pelvic floor muscles become weak, for example, as the result of being pregnant, they cannot do this effectively. An over-stretched or weak pelvic floor can lead to stress incontinence (where you might leak urine while coughing, sneezing, laughing or exercising) and decreased satisfaction during sex.



Superior gluteal vessels

Obturator nerve and vessels

PYRIFORMIS

COCCYGEUS

OBTURATOR FORAMEN LIGAMENT

Iliopectineal ligament

LEVATOR ANI

Pubis

Anal canal

Left lobe of prostate (cut)

Anococcygeal raphe

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- Later on, usually after the menopause, a weak or damaged pelvic floor can lead to prolapse - where the pelvic organs slip out of place and push up against the walls of the vagina.
- Stress incontinence affects up to a third of all new mothers and it is estimated that about 4 out of ten women over 50 show some signs and symptoms of prolapse. This all sounds very alarming. But the good news is that you can do something about it.

pelvic floor disorders

- Strongly related to pregnancy, labour, parity and instrumental delivery
- **muscles may be weakened by:**
- childbirth
- aging
- loss of the female hormone estrogen after menopause
- diabetes mellitus
- extreme overweight
- frequent heavy lifting over time
- recurrent urinary tract infections.
- abdominal surgery such as cesarean section

How does pregnancy affect my pelvic floor?

Being pregnant can place large amounts of stress on your pelvic floor and its muscles. Your pelvic floor can become weak and stretched from as early as 12 weeks into your pregnancy. Pregnancy symptoms such as constipation can stretch and weaken your pelvic floor further.

Effects of pelvic floor exercise

- Increases perineal muscle tone
(Gordon & Logue 1985, Freemann 2004)
- Reduces perineal pain (Sleep & Grant 1987)
- Reduce urinary incontinence in women
(Hay-Smith & Dumoulin 2006)
- Better control of bladder
(Chiardelli & Chockburn 2002
al. 2001)





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How do pelvic floor exercises help?

- Pelvic floor exercises, if performed regularly, can help to protect you from incontinence during and after your pregnancy. The more you use these muscles, the stronger they will be. The National Institute for Clinical Excellence (NICE) recommends that all women should be offered supervised pelvic floor exercises during their first pregnancy in an attempt to reduce the likelihood of developing incontinence after their baby is born. If you haven't been shown how to do pelvic floor exercises during antenatal classes, ask your midwife about them at your next visit.

- Good pelvic floor muscles can support the extra weight of pregnancy,
- may help shorten the second stage of labour and,
- by increasing your circulation, may assist in healing the perineum (the area between your anus and vagina) after birth.
- Another benefit of these exercises is that women with strengthened pelvic floor muscles are more likely to have orgasms

How do I find my pelvic floor muscles?

Imagine that you are trying to stop yourself from passing wind and trying to stop your flow of urine mid-stream, at the same time. The feeling is one of "squeeze and lift", closing and drawing up the front and back passages. Some women will feel more happening at the front and some will feel more happening around their bottom. Don't worry too much about this, as long as you can feel a tightening, a squeeze or a lift somewhere between your front and back passages!

Of course, that sounds easy enough.
But the catch is that you have to
squeeze and lift without:

- • pulling in your tummy
- squeezing your legs together
- tightening your buttocks
- holding your breath

In other words, only your pelvic floor
muscles should be working

When can I do these exercises?

When you are learning pelvic floor exercises, it is best to start in a comfortable position i.e. lying down. Once you have mastered the exercises in this position, try them when you are sitting down. Try to exercise in a quiet place with as few distractions as possible, until you have mastered the technique.

- Once you feel confident that you can tighten your pelvic floor muscles without holding your breath or tightening other muscles at the same time, you can do these exercises anywhere and at any time.

PERFORMING PELVIC FLOOR EXERCISES:

- 1. Begin by emptying your bladder.**
 - 2. Tighten the pelvic floor muscles and hold for a count of 10.**
 - 3. Relax the muscle completely for a count of 10.**
 - 4. Do 10 exercises, 3 times a day (morning, afternoon, and night).**
- You can do these exercises at any time and any place**

Relaxing your pelvic floor

- It is just as important to learn how to relax your pelvic floor as it is to tighten it. When your baby's head "crowns" or emerges from your vagina, during the second stage of labour, your muscles need to relax. Midwives and other health professionals believe that a relaxed pelvic floor during the second stage of labour can help prevent tearing or episiotomy. Also, if your muscles cannot relax properly, your pelvic floor exercises won't be working as effectively and strongly as they should, and your muscles will tire quickly. A.Farshbaf

How often do I need to exercise my pelvic floor muscles?

Current recommendations are that all women should exercise their pelvic floor muscles eight times, three times a day. If you have very weak pelvic floor muscles or are trying to reduce leaking during exercise (stress incontinence), you may need to do more than this.

- To start with, aim to practice your exercises in a quiet place as described earlier, at least three times a day, but then try to do as many as you can as you go about your daily routine.

Many women see a change for the better after doing the Kegels for just a few weeks. However, you may not notice a lot of improvement until after 3 to 6 months of daily exercises. You should continue doing Kegels every day to keep the pelvic muscles strong.

You may want to ask your health care provider about cones that may be used to help you strengthen your pelvic floor muscles. The cones range in size.

You may start with a large cone. You put it into your vagina and try to hold it in place for 15 minutes a couple times a day. When this is easy for you to do, you may then try keeping a smaller cone in place. Your health care provider can order the cones from a surgical supply company.

If you're over 50, talk to your health care provider about using estrogen cream. Using the cream and doing the Kegels will improve the strengthening of the muscles around the vagina and bladder

Pregnancy:

- There is evidence that performing pelvic floor exercises during your pregnancy can help to prevent leaking after your baby is born. It is also much harder to learn how to do these exercises after your baby is born so get as much practice in now as you can.
- You should aim to make pelvic floor exercises a part of your life for ever. Once you are familiar with them, it is easy to do them three times a day without them interfering with your daily life at all.

Effects of exercise in general

Available evidence for the impact of physical activity:

(NHS 2004)

Improves:

Musculoskeletal health ❖

Cardiovascular health ❖

Supports

Weight loss ❖

Prevents:

Weight gain ❖

Diabetes ❖

Ameliorates:

Mood, well-being ❖

Sense of mastery and self-esteem ❖

Depressive symptoms ❖

Fatigue ❖

(NHS 2004)



Explication of psychological effects

Effect of mood improvement by exercises:

- At present causal pathway unclear
- Hypothesis: Exercises releases endorphin (β -endorphins)
- Increased levels of endorphins causes psychological well-being, in particular, "euphoria"

The Benefits and Risks of Postpartum Exercise

- Regular exercise improves immune function
- increases the production of antioxidant substances in the body.
- It helps you to sleep better at night and feel more energetic during the day
- A brisk walk does wonders for depression or anxiety.
- A bout of exercise helps to suppress your appetite for sweets and junk food and increases your appetite for natural, nourishing foods.

- Flexibility and muscular strength stave off uneven strain on the skeleton that can lead to pain and injury over time.

- If your muscles are strong and your joints supple, you are less likely to throw your back out or injure yourself in some other way as you lift, bend, twist, and maneuver through your day.

*And if you start easing into exercise in a balanced and educated manner during the first postpartum year, the transition into more strenuous exercise later - should you choose to make that transition - is sure to be much smoother.

While some exercise is a very good thing for a new mom, doing too much too soon can be harmful

- When you exercise, your adrenal glands pump out cortisol to increase your heart rate and breathing rate, and to increase blood flow to your muscles. there is a significant drop in cortisol levels postpartum. and this will knock your recovering body out of balance.
- Your joints will still be loose for the first few weeks postpartum, and loose ligaments mean greater risk of injury.
- Exercising too hard in those first weeks can also delay the healing of episiotomy and cesarean incisions
- If you hemorrhaged after giving birth, you may be anemic, and you will need to build up your iron levels for a while before you're ready to exercise.

Principles of Postpartum Exercises

- Take it easy and slow
- Get the OK from your care provider
- Wait 6 weeks to start aerobic exercises
- Never exercise to the point of pain or intolerance
- Drink a lot of water.
- Exercise when your breasts are not full of milk. You will be more comfortable.
- Work exercise into your schedule, even if it is only 15 minutes at a time

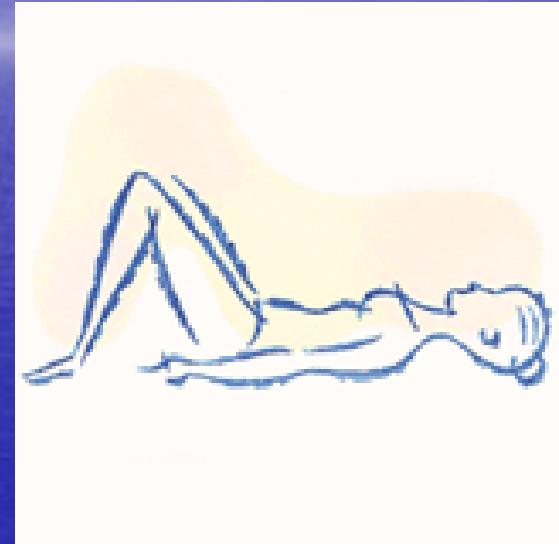


Pelvic Rock

- Can be done supine or on “all-fours”

- Supine

- * Lie on back with knees bent; while inhaling, rock pelvis forward by flattening lower back on floor. Exhale slowly while contracting abdominal muscles and tightening buttocks. Hold for 3-5 seconds, while exhaling. Relax.



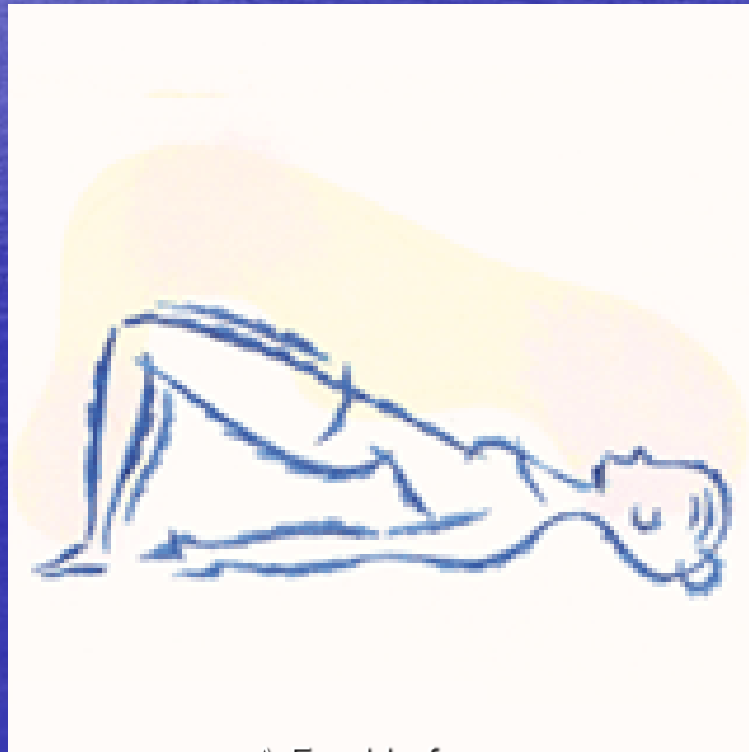
• All-fours

- * Kneel on all-fours, hands under shoulders; knees under hips, back straight; Round spine up toward the ceiling, tuck tailbone down and relax head and shoulders; hold for 5 seconds, then return to starting position.



Buttocks Lift

- Lie on back with arms at sides, knees bent and feet flat. Slowly raise buttocks and arch back. Return slowly to starting position.



Modified Sit-ups

- Start with chin tucks and head lifts, while contracting abdominal muscles
- Lie on back with knees bent. While inhaling deeply, lower chin onto chest. While exhaling, raise head and shoulders slowly and smoothly and reach for knees with arms outstretched. Waist should remain on floor. Slowly and smoothly lower head and shoulders back to starting position.



Knee Rolls

- May use one or both knees (start with single knee roll)
- Lie on back with one leg straight and one leg (or both legs) bent at the knee; keeping shoulders flat on floor, slowly and smoothly roll the bent knee(s) over the straight leg to touch the floor beside the straight leg; return to starting position and relax.
- Use same technique with two knees

Blood Clots

- Foot exercises, if in bed after Cesarean birth and/or epidural or spinal anesthesia
- Early ambulation
- Teach mother symptoms of blood clots (pain, redness, heat in calf) to distinguish from leg cramps which can be massaged

pelvic floor exercise

exercise after surgery:

Even immediately after surgery, you can exercise by breathing deeply, supporting the incision as needed. Pelvic floor and gentle pelvic tilt exercises can be done right away. Ankle circles and calf stretches can also be done in a hospital bed.

The first few times you stand, be sure to support yourself with your arms. Some find that a urinary catheter causes pain and swelling, and walking becomes much easier once it is removed. After the first day, try to get up every 1 or 2 hours in the daytime and walk around, at least briefly.

- For the first 2 weeks at least, you should hold nothing heavier than the newborn.
- -During this period, tasks like vacuuming and stair climbing may be too much, so avoid them until you feel up to it.
- Once the stitches or staples are gone, usually around 2 weeks after surgery, you can start to massage the area with gentle circles to help prevent the formation of adhesions. At this point, many women can resume light tasks.

- Keep in mind that good scar tissue takes 5 or 6 weeks to form, and that any tearing will set your recovery back. Ergo, don't push yourself too hard.
- . If you had a C-section, wait at least six weeks before beginning abdominal exercises.



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Thank You!



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