

## What is the Pelvic Floor?

There is an important region of your body called the “pelvic floor,” which contains muscles, ligaments, tendons, and glands that connect like a sling from your tailbone to pubic bone in the pelvis, and have the following responsibilities in both women and men:

- Bowel and bladder control
- Maintain pelvic organ placement (prevent prolapse of uterus, bladder, rectum, intestines)
- Aid in sexual satisfaction and performance
- Promote good flow of your blood and lymph that filter toxins
- Support adjacent joints (pelvis, sacrum, low back)
- Is part of your “core” musculature in addition to abdominals, buttocks, and postural muscles along the spine
- Help with breathing (the pelvis has its own diaphragm too!)

