



## Functional Pelvic Bracing To Minimize Strain on Pelvic Organ Prolapse

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To avoid increasing intra abdominal pressure and minimize that downward force on our perineum, perform the “functional pelvic brace” for all transitional movements and when lifting.

Do this by gently contracting your abdominal muscles (draw belly button in towards spine) and engage your pelvic floor muscles (squeeze and lift). Be sure to keep that neutral spine position.

This is meant to be a very submax contraction, about 30% effort for normal movements. We need to be able to continue breathing throughout these movements. If you are doing something more strenuous, such as lifting something heavy, then you would engage those muscles a little more, depending on how much effort you would need to exert.

Do this brace when rolling in bed, getting out of bed, standing up and sitting down, reaching, lifting, and bending over. This should be happening naturally, but times we need to retrain these muscles to start working again.

Be sure to focus on exhaling as you do the movement or perform the lift. If you hold your breath, that will increase the intra abdominal pressure.

Practice this so it feels more natural, in the hopes that you start doing this automatically without having to think about it.



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