

10 SIGNS PELVIC FLOOR DYSFUNCTION IS AFFECTING YOUR WORKOUT

1. BLADDER LEAKAGE DURING WORKOUT

If you leak with lifting, jumping, running, or squatting, this is a sign of a breakdown of your core system. No amount of bladder leakage is normal.

2. LOW BACK, PELVIC, HIP OR ABDOMINAL PAIN

Your workout should not cause you pain. Yes, you should feel challenged, but you should not force through pain. Pain can be a sign that your core and pelvic floor muscles are not working the way that they should, and you need to change something.

3. NEEDING TO PEE PRE & POST WORKOUT

If you find yourself peeing right before and/or right after you workout to avoid bladder leakage or because you are experiencing urinary urgency, this is NOT normal.

4. PELVIC HEAVINESS OR FALLING OUT FEELING DURING WORKOUT OR SHORTLY AFTERWARDS

This can be a sign of pelvic organ prolapse a condition and exercise you are doing may be putting more stress and pressure through the system than it can handle.

5. BELLY BULGE OR PUSHING OUT WITH ACTIVITY

This can be a sign that you have a diastasis recti or that you are faultily recruiting your core muscles.

6. NEEDING TO PEE MID- WORKOUT

You should be able to complete at least an hour long workout without needing to pee.

7. HOLD BREATH WITH EXERCISE

Holding your breath to complete your exercises is a sign that you are using pressure to create stability and not using your core muscles well.

8. FORM FAILING OR FEEL EXHAUSTED

These are signs that you may not be using your core muscles effectively and efficiently, and you may be working too hard to accomplish the task.

9. SKIP PARTS OF YOUR WORKOUT TO AVOID LEAKAGE

Maybe you don't leak with exercise, but that is because you chose not to do exercises that will cause leakage. This can start people on a slippery slope to being less and less active.

10. PASS GAS WITH EXERCISE

If you find yourself consistently unable to hold back gas while you exercise, there is a good chance that your pelvic floor muscles are not functioning as well as they should.

IF THIS SOUNDS LIKE YOU, WHAT CAN YOU DO?

Our pelvic floor muscles are an important part of our core support system, but they are often overlooked or forgotten about.

If you suspect that you may be dealing with pelvic floor dysfunction, you should seek the care of a Pelvic Physical Therapist.

Pelvic Physical Therapy will assess the performance of your core and pelvic floor and provide a custom program to get you back to exercising the way you want without issues.

Visit www.legacytherapystl.com for
more advice on pelvic health.