

Prolapse/Vaginal laxity---Practical Advice

One of the functions of the pelvic floor is to support the contents of your pelvis, so you may be able to ease any symptoms of prolapse by:-

- Increasing your pelvic floor muscle strength and endurance by performing regular pelvic floor exercise.

Even if your prolapse is not causing symptoms now you may be able to prevent problems in the future by strengthening your pelvic floor muscles.

Things that may help ease your symptoms.

- Do you suffer with constipation? Can you increase the amount of fruit and fibre in your diet? Remember to increase the amount of fluid at the same time. Don't forget to sit comfortably on the toilet so as to be in the best position to empty your bowel.
- Are you performing lots of abdominal strengthening exercises e.g. crunches and sit ups? These can make your symptoms worse by increasing the pressure within your pelvis which pushes down on the pelvic organs. Can you keep to a small range of movement, or better still avoid doing tummy exercise.
- Are you regularly lifting in your job or at home? Lifting uses the abdominal muscles which creates a downward pressure on the pelvic floor. Can you avoid or limit the lifting that you do. Always tighten your pelvic floor before and during a lift.
- Do you suffer from any chest condition such as asthma? Prolonged coughing can strain the pelvic floor. Are you ensuring that any chest condition you may have is being monitored regularly.
- Do you know what your weight is? A healthy weight for your height avoids unnecessary strain on your pelvic floor.
- Are you a smoker? A smoker's cough will put a strain on your pelvic floor. Contact your GP surgery for support to help you give up.
- Do you regularly stand for a long time? Can you avoid prolonged standing, as standing can aggravate your symptoms?
- Resting for a short period during the day (10- 15 minutes) may help to relieve any discomfort.

However it is important to stay fit and healthy. Useful exercise includes swimming, walking or cycling, or any LOW impact classes.

What can you do to help yourself?

Actions

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