



**STRENGTH FROM THE CORE:**

# **How Pelvic Floor Health Powers Your Whole Body**

# STRENGTH AND STABILITY START FROM WITHIN

When most people think about building strength, they picture lifting heavier weights, running faster, or mastering the perfect plank. But there's one key player in your strength, stability, and movement that often gets overlooked—***your pelvic floor.***

Whether you're an athlete, a new or expecting mom, or just looking to move pain-free, understanding how your pelvic floor supports your entire body is a game changer.

A strong, fit pelvic floor can improve core stability, prevent injuries, and elevate overall performance.

The best part? Strengthening this hidden powerhouse is easier than you think!

Let's break it down!

# WHAT IS THE PELVIC FLOOR?

Your pelvic floor is a group of muscles, ligaments, and connective tissue at the base of your pelvis.

Think of it like a hammock that supports your:

- ✓ Bladder (helps prevent leaks!)
- ✓ Uterus (during pregnancy and beyond)
- ✓ Bowel (helps with digestion and control)
- ✓ Spine & Hips (critical for movement and posture)

A strong and coordinated pelvic floor is essential for:

- ✓ Core stability (it works with your abs, back, and diaphragm!)
- ✓ Injury prevention (supports proper movement patterns)
- ✓ Reducing back, hip, and pelvic pain
- ✓ Better posture and breathing

Now, let's talk about how pelvic health impacts full-body strength.

# THE CORE — PELVIC FLOOR CONNECTION

You've probably heard that a strong core is important to prevent injuries. Did you know your pelvic floor is actually a huge part of your core?!

The core is more than just your abs—it includes:

- ◆ The Pelvic Floor
- ◆ The Diaphragm
- ◆ Deep Abdominal Muscles
- ◆ Back Muscles

These muscles work together to provide stability and strength. If one part is weak or not functioning properly (like a pelvic floor that's too tight or too weak), it can lead to back pain, hip issues, or poor core strength—even if you're hitting the gym regularly.

💡 Example: If your pelvic floor isn't engaging properly, you might find that:

- Your lower back feels tight after workouts
- You have hip pain when running or lifting weights
- You experience urine leakage when jumping, running, or sneezing

# PREGNANCY, POSTPARTUM & YOUR PELVIC FLOOR

Pregnancy and postpartum bring major changes to your body, especially your pelvic floor!

- ◆ **During pregnancy:** Your pelvic floor works overtime to support extra weight, maintain bladder control, and keep your posture in check.
- ◆ **After childbirth:** The pelvic floor can become weakened or overly tight, making recovery, movement and even daily activities feel harder.

*Whether you've had a vaginal birth or C-section, rebuilding pelvic floor strength is key to feeling strong, stable and pain-free.*

## **Postpartum Recovery Tip:**

- ✓ Avoid jumping right into high-impact workouts without checking your pelvic floor strength first
- ✓ Focus on breathing exercises, gentle core activation, and mobility work to rebuild a strong foundation.

# YOUR PELVIC FLOOR CAN BE TOO WEAK OR TOO TIGHT – AND BOTH CAN CAUSE ISSUES!

## WEAK PELVIC FLOOR SYMPTOMS

- Low back, hip, or pelvic pain
- Leaking urine with exercise, sneezing, or coughing
- Pelvic pressure or heaviness
- Weak core or balance

## TIGHT PELVIC FLOOR SYMPTOMS

- Trouble relaxing or breathing deeply
- Ongoing hip, back, or pelvic pain
- Pain with intercourse or tampons
- Constant urge to pee

# STRENGTHEN & SUPPORT YOUR PELVIC FLOOR FOR TOTAL-BODY POWER

💡 Here's how you can improve your pelvic floor function and overall strength:

## 1 Breathe First, Lift Second

- Deep breathing activates your diaphragm and pelvic floor.
- Try 360° Breathing: Inhale into your ribs and belly, then exhale fully.

## 2 Check Core Engagement

- Instead of just “sucking in” your tummy, focus on gentle deep core activation while breathing normally.
- A pelvic health physiotherapist can help assess your core activation post-pregnancy, after injury, or everyday strain.

## 3 Strengthen from the Inside Out

- Include glute, hip, and core exercises that are gentle on your pelvic floor.
- Like bridges, bird dogs, squats and deep core work.

## 4 Avoid Over-Gripping

- Many active people unknowingly hold tension in their core and pelvic floor, leading to pain and dysfunction.
- Use mobility and stretching, especially for hips and lower back, to release tension.

# TRAIN SMARTER, NOT JUST HARDER!

If you want to move better, lift stronger, and stay injury-free, don't overlook your pelvic floor! It plays a major role in core function, performance, and long-term strength.

## **Want to get your pelvic floor and core strength assessed?**

Our pelvic health physiotherapists can help you build a strong, resilient body for everyday life, injury recovery, and beyond.

## Two Convenient Locations:


### **Main Clinic**

421 St. Clair Street  
Chatham, ON

### **South Chatham**

40 Beatty Street  
Chatham, ON

## Contact

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