

# STRONG & SUPPORTED THROUGH MENOPAUSE

## HERE'S WHAT YOU NEED TO KNOW

### What Happens to Your Pelvic Floor During Menopause?

Lower estrogen may lead to:

- **Weakened pelvic floor muscles and tissues** – this can show up as bladder leaks or pelvic prolapse.
- **Vaginal dryness or discomfort** – which can make intimacy painful or uncomfortable.
- **Changes in core and hip strength** – sometimes impacting balance and stability.

These changes are common, but it doesn't mean you have to live with them!



### Why Pelvic Floor Physiotherapy Helps

A pelvic floor physiotherapist can help you:

- Learn how to properly contract and relax your pelvic floor muscles (hint: it's not just Kegels!).
- Improve **bladder and bowel control** and reduce leakage.
- Address **pain or dryness** with strategies to improve tissue health and comfort.
- Improve **sexual function and pelvic organ support**.
- Build a **tailored strength program** for your pelvic floor, hips, and core to keep you moving and feeling your best.

**Even if you don't have symptoms right now, working with a pelvic floor physiotherapist during peri-menopause can help you stay ahead of changes and prevent issues later!**

# What Can You Do To Support Your Pelvic Health Through Menopause?

## **Work with a pelvic floor physiotherapist.**

We assess how your pelvic floor is working and create a plan just for you.

## **Keep your core and hips strong.**

Maintaining overall strength helps protect your pelvic floor and spine.

## **Address symptoms early.**

If you notice bladder leakage, prolapse symptoms, or discomfort, don't wait! These issues are easier to treat early on.

## **Learn proper pelvic floor strategies.**

Both relaxation and strengthening matter!

Every woman's menopause journey is unique! There's no "one-size-fits-all". That's why we're here - to help you navigate these changes and feel strong, supported, and confident through every stage.

**You deserve to thrive through menopause and beyond.**

**Let's get you there!**

