

The Pelvic Floor & More

Sandra Hilton, PT, MS

At some point, everyone has heard of Kegel Exercises. They refer to the purposeful contraction of the muscles that run from the pubic bone to the coccyx. Good control of these muscles is important for bowel, bladder and sexual function.

Not many medical practitioners talk about all of the other muscles that are lining the inside of those pelvic bones. The other muscles help with hip rotations (turning your leg in or out), they help to ensure your leg is where you want it to be with each step you take, they help you get in and out of a chair or the car, and they even help with getting dressed. Everyone with a pelvis (hips) needs good control of these muscles.

Training these muscles can be used to create better balance, improved coordination, and greater awareness of where you are in space. All of this helps with your ability to be successful with your exercises and should decrease the risk of falls or injury.

Physical Therapists can evaluate your pelvic floor muscles to ensure they are working well and that you have a good awareness of the musculature. It is easier to get a muscle to work if you know where it is, and that it isn't threatening to use it. The entire "fan" of muscles that live inside the pelvic bones are needed for easy, fun pelvic function. Consider coming to **WPTI** for a pelvic and hip muscle evaluation for balance, coordination, or pain difficulties.