

The Pelvic Floor – *what it is, what it does & what goes wrong*

Damaging Pelvic Floor Habits

Three Steps to Learning the Correct Pelvic Floor Action

1. Posture
2. Breathing
3. Tensioning

Pelvic Floor Substitution – *what it is and why it is harmful*

Ten Healthy Habits for the Pelvic Floor – *10 strategies for life*

Becoming a Pelvic Floor Athlete

Throughout Life –

- The Young Pelvic Floor
- Sport & the Pelvic Floor
- Pregnancy & the Pelvic Floor
- Birth & the Pelvic Floor – preparation & exercises
 - *Post Birth Rules*
 - *Guidelines for Return to Activity*
 - *After Caesarean Section*
- Sex & the Pelvic Floor
- Surgery & the Pelvic Floor
 - *Preparation and recovery*
- Pain & the Pelvic Floor
- Gym & the Pelvic Floor – exercise guidelines
- Menopause & the Pelvic Floor
- The Older Pelvic Floor

Incontinence & the Pelvic Floor – *effective therapy*

Prolapse & the Pelvic Floor

Orgasm and the Pelvic Floor – *go girl!*

The Pelvic Floor for Life