



LADIES!

PUCKER UP YOUR PELVIC FLOOR!

This Valentines

Feeling Romantic? Physiotherapists who specialise in pelvic health problems are reminding women that pelvic floor muscles are vital for sexual pleasure.

Most people associate pelvic floor exercises (Kegels) with reducing incontinence but may not know that research has shown that strengthening, toning and knowing how to relax the muscular floor of the pelvis has an impact on sexual enjoyment and performance too. Pelvic floor exercises tone and strengthen these muscles, improving blood supply and nerve activity all leading to greater pleasure.

Pelvic Health Physiotherapists specialise in teaching pelvic floor exercises and can offer a full assessment, examination, advice and treatment. You can download a free pelvic floor exercise booklet from the POGP website <http://pogp.csp.org.uk/publications>

If you feel you would benefit from seeing a specialist physiotherapist do talk to your GP about a referral.