



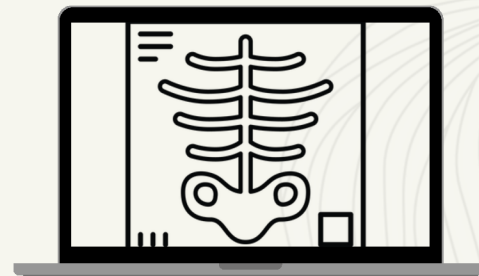
Bump, Birth and Beyond: Love your Pelvic Floor

Interactive Patient Education Tool

Pelvic Health Matters

Pelvic health includes your bladder, bowel, reproductive organs, and the muscles and tissues that support them.

- **Watch the following videos:**
 - [Pelvic Health and Pregnancy](#)
 - [Pelvic Health After Delivery \(OASIS Video\)](#)



Whether planning a baby, pregnant, or postpartum, this tool provides, educational resources to support recovery and well-being.

Educational Resources for Pelvic Health

This tool offers valuable educational resources and links covering seven key areas of your pelvic health. We encourage you to explore the website for detailed write-ups on each section:

1. **Physical Activity**
2. **Musculoskeletal Health**
3. **Bladder Health**
4. **Bowel Health**
5. **Sexual Health**
6. **Prolapse/Pelvic Organ Support**
7. **Pelvic Floor Birth Injuries**



1. Resources on Physical Activity

[New Canadian Guideline Prescribes Exercise for Healthier Pregnant Women, Healthier Babies](#)

Physical Activity Guidelines: [24-Hour Movement Guidelines – Canadian 24-Hour Movement Guidelines](#)

[Pelvic Health Exercises](#)

[Pregnancy – 24-Hour Movement Guidelines](#)

More Resources on Physical Activity

[Get Active Questionnaire](#)

[Get Active Questionnaire for Postpartum- CSEP](#)

[Beginner-Friendly Movement Tips – Pelvic Health Foundation](#)

[WHO Guidelines on Exercise and Sedentary Behaviors](#)

[Canada's 24-Hour Movement Guidelines](#)



Physical activity for pregnant women



Helps to control
weight gain



Helps reduce high blood
pressure problems



Helps to prevent
diabetes of pregnancy



Improves fitness



Improves sleep



Improves mood

Not active?

Start gradually

Already active?

Keep going



Do **muscle strengthening** activities twice a week

Every activity counts, in bouts of at least 10 minutes

No evidence of harm

Listen to your body and adapt



Don't bump the bump

Physical activity for women after childbirth (birth to 12 months)



Time for yourself -
reduces worries and
depression



Helps to control weight
and return to pre-
pregnancy weight



Improves tummy
muscle tone and
strength



Improves fitness



Improves mood



Improves sleep

Not active?

Start gradually

Active before?

Restart gradually

Out and about

Leisure

aim for
at least
150
minutes
of moderate intensity activity
every week

Start
pelvic floor
exercises as
soon as you can
and continue daily

Build
back up
to **muscle**
strengthening
activities twice
a week

Home

It's safe to be active.
No evidence of harm
for post partum
women

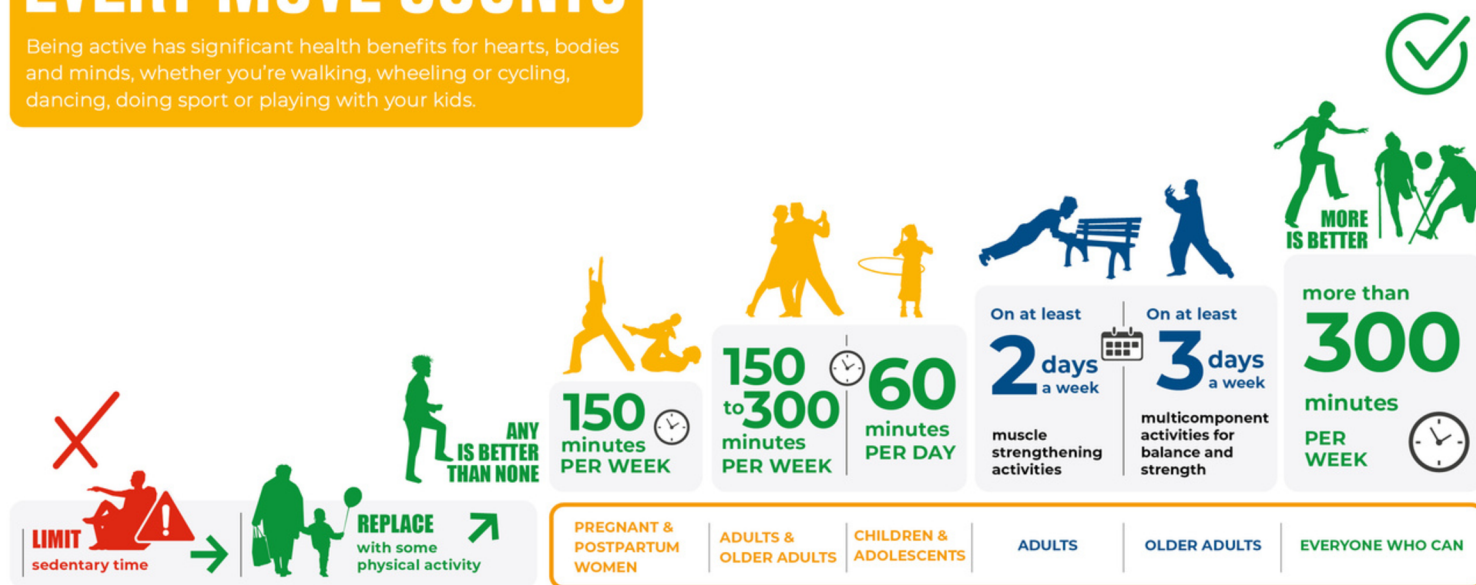
Depending on your
delivery listen to
your body and
start gently



You can be active
while
breastfeeding

EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



WHO guidelines on physical activity and sedentary behaviour (2020).

For more information, visit: www.who.int/health-topics/physical-activity



If you're not reaching 150 minutes of activity each week, here are some suggestions to help you get started with movement:

- Park your vehicle further away from your destination
- Get off the bus one or two stops earlier
- Use 10 minutes of your lunch break for a quick walk
- Challenge your toddler to a race at the park
- Opt for the stairs instead of the elevator

2. Musculoskeletal Symptoms

- [Pelvic Girdle Pain – Pelvic Health Solutions](#)
- [Tailbone Coccyx Pain](#)
- [Pelvic Girdle Pain](#)



REFRAMING BELIEFS ABOUT PREGNANCY- RELATED PELVIC GIRDLE PAIN

Pulsifer J, Britnell S, Sim A,
Adaszynski J, Dufour S



**THE STRONGEST PREDICTOR OF
RESOLUTION OF PREGNANCY-
RELATED PELVIC GIRDLE PAIN
(PPGP) IS HAVING THE BELIEF
THAT IT WILL GO AWAY**



STABLE

The pelvis is resilient and adaptable to the demands of pregnancy, childbirth and childcare while maintaining its stable structure.



SAFE

Postural and pelvic structural changes are normal, safe and necessary to support the growing demands of pregnancy and childbirth.



SELF MANAGEABLE

Pain education, emotional wellbeing, sleep optimization, exercise and external supports that promote independence are the most helpful strategies to reduce pelvic girdle pain.

FACTS TO HELP REFRAME BELIEFS ABOUT PREGNANCY-RELATED PELVIC GIRDLE PAIN

PulsiferJ, BritnellS, SimA, AdaszynskiJ, DufourS



STABLE

HORMONES

All pregnant people have hormonal changes to accommodate the demands of pregnancy, which alter tissue sensitivity, flexibility, and systemic inflammatory processes in the body.

It is helpful for people with PPGP to understand that hormones can create increased sensations and flexibility but the pelvis remains robust throughout pregnancy.



JOINT CHANGES

There is no current evidence correlating relaxin levels and PPGP. The pregnant pelvis has normal changes to increase tilt and width of the pubic symphysis and sacroiliac joints.

People with PPGP should be reassured that these changes are healthy and adaptive for pregnancy and birth.



VARIED MOVEMENTS

Misguided beliefs about lack of pelvic stability and the need to keep the core contracted and legs together can lead to muscle guarding, increased sensitivity, and fear of movement.

People with PPGP should be reassured it is safe and beneficial to move in novel and diverse ways that are comfortable to them.



SAFE

POSTURE ADAPTATIONS

Posture and postural changes in pregnancy do not coincide with pain intensity or the development of PPGP.

People with PPGP should be reassured that postural adaptations in pregnancy are healthy, necessary and normal.



LACTATION

Lactation does not worsen or prolong PPGP and has been proposed to have a global anti-inflammatory protective effect.

People who wish to chestfeed, breastfeed or pump should be encouraged to do so without fear of worsening or prolonging PPGP.



VAGINAL BIRTH

Vaginal births have a lower risk of severity and persistence of PPGP.

Education regarding the safety and benefits of vaginal birth as well as support to reduce associated fears should be primary interventions for people with PPGP.



SELF MANAGEABLE

LIFESTYLE AND EDUCATION

PPGP is influenced by the stress response system, emotional wellbeing and sleep.

Pain can be improved through individualized pain education, lifestyle counselling and daily living movement strategies that empower people with PPGP to self manage.



PHYSICAL ACTIVITY

Exercise has been shown to help reduce PPGP in pregnancy and to prevent PPGP if started prior to pregnancy.

Pregnant people should be encouraged to obtain the minimum recommended activity in pregnancy for maternal and fetal health benefits and to prevent and reduce PPGP.



EXTERNAL SUPPORTS

Belts and manual therapies can be used to create sensory-motor changes through novel proprioceptive input that promotes confidence and safety in movement.

People with PPGP should be advised that primary intervention should emphasize behaviour changes that empower self management.



PREGNANCY-RELATED PELVIC GIRDLE PAIN IS CHANGEABLE

For original supporting references, please consult the full text article.

3. Resources on Bladder Health

- [Urinary Continence – Be Pelvic Health Aware](#)
- [Urinary Tract Infections- Be Pelvic Health Aware](#)



4. Resources on Bowel Health

- [Bowel Dysfunction – Pelvic Health Solutions](#)
- [Are Your Bowel Movements Normal?](#)
- [Your Pelvic Floor and Bowel Leaking – Be Pelvic Health Aware](#)
- [How to poop without straining](#)
- [Constipation – Pelvic Health Solutions](#)
- [Exercises for Relieving Constipation, IBS and Abdominal Pain](#)

5. Resources on Sexual Health

- [Options for Sexual Health](#)
- [BC Centre for Vulvar Health](#)
- [Sexual Health and Genito-Pelvic Pain Knowledge Empowerment Hub](#)
- [Sexual Health – HealthLinkBC](#)
- [Vulvar Pain – BC Vulvar Health](#)
- [Vulvodynia- Pelvic Health Solutions](#)
- [Post Baby Hanky Panky](#)
- [Change Takes Time Video](#)



6. Resources on Prolapse/Pelvic Organ Support

- [Your Pelvic Floor and Prolapse – Be Pelvic Health Aware](#)
- [What is Pelvic Organ Prolapse \(POP\) – Pelvic Health Solutions](#)
- [Surgery for Prolapse](#)
- [Prolapse Management](#)
- [Vaginal Pessary](#)

7. Resources on Birth Injuries

- [Recovering After a Difficult Birth – Pelvic Health Solutions](#)
- [Pelvic Health After Delivery \(OASIS Video\)](#)

Contact Us

For questions about your pelvic health, please reach out to your maternity care provider, primary care provider or a physiotherapist. If you have any questions about this education tool or Pregnancy Vancouver, please get in touch with us at:

 www.pregnancyvancouver.ca

 www.vancouverdivision.com

 maternity@vancouverdivision.com



Thank you!