

YOUR PELVIC WELL-BEING CHECKLIST

# 11 Strategies for Pelvic Well-Being as you get older



# Part 1: The Different Stages of Womanhood and How Aging Affects the Pelvic Floor



**Menstruation - the beginning of a woman's reproductive years. Starting menstruation impacts the pelvic floor in several ways.**

Hormonal changes affect the pelvic floor muscles and fascia. Estrogen can increase blood circulation and the elasticity of tissues, making the pelvic floor more sensitive during menstruation.

## Menstruation & Pelvic Floor

### Menstruation

- The uterus contracts to expel the uterine lining and blood, which increases pressure on the pelvic floor muscles. This may cause a feeling of heaviness or discomfort in the pelvic area.
- Hormonal fluctuations can lead to fluid retention in the body, which can also affect the pelvic floor and create a sensation of pressure or discomfort.
- Psychological well-being can be affected, leading to increased tension in the pelvic floor. Stress and anxiety may worsen this tension.



## Pregnancy

As the uterus grows, pressure on the pelvic floor increases, potentially weakening muscles.

Hormones like progesterone and relaxin soften tissues, affecting stability.

Nerve function may change, impacting sensation and bladder control. Pelvic pain, posture changes, and added strain can also affect the pelvic floor.

During labor, significant stress may cause injury or weakness. Emotional factors, such as stress, can further impact pelvic floor function.



## Postpartum

In the early postpartum period, the fascia, ligaments, nerves, and muscles are in a healing state, which takes time.

Many women experience pelvic floor tears, leading to scar tissue that may cause issues like prolapse, incontinence, or pain, though some may not notice it.

Changes in posture during pregnancy can persist, leading to imbalances and tension in the back, hips, and pelvis. Additionally, emotional challenges, such as worry or frustration about body changes, can contribute to pelvic floor symptoms.





**Menopause is a natural biological process that marks the end of a woman's reproductive years.**

**Yet, it is shrouded in stigma and misinformation.**

The stages of menopause bring significant changes to a woman's life that can affect relationships, self-esteem, and mental health. Pelvic floor symptoms are unfortunately very common as you get older.

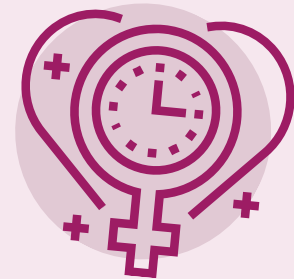
## Perimenopause, Menopause, and Postmenopause – What's the Difference?

### Perimenopause

Perimenopause is the transitional period when the body undergoes changes until you no longer experience menstruation. During this time, estrogen levels fluctuate until they significantly drop.

#### Common symptoms:

- Irregular periods
- Vaginal dryness
- Low libido
- Painful sex
- Anxiety & depression
- Mood swings
- Night sweats
- Hot and cold flashes
- Fatigue
- Insomnia
- Brain fog
- Tender breasts
- Urinary incontinence
- Hair loss



## Menopause

The significant drop in estrogen levels signifies the start of menopause. During menopause, your ovaries no longer release eggs and you cease to menstruate. You are officially menopausal once you have not had a period for a whole year.



### Common symptoms:

- Hot flashes
- Vaginal dryness
- Weight gain and slowed metabolism
- Hair thinning
- Sleep disturbances
- Mood changes
- Fatigue
- Bone density loss
- Reduced libido

## Postmenopause

Postmenopause refers to the period of time after menopause has occurred. The symptoms of menopause often continue for a few years, but usually decrease in intensity over time.



### Common symptoms:

- Hot flashes
- Night sweats
- Vaginal dryness
- Changes in libido
- Sexual discomfort
- Incontinence
- Insomnia
- Mood swings
- Depression

# How the Pelvic Floor Changes with Aging



As a woman ages, several changes occur in the pelvic floor due to a **combination of hormonal shifts, physical changes, and lifestyle factors.**

## Key changes in the pelvic floor

- The drop in estrogen levels leads to a reduction of collagen and elastin in pelvic tissues, making them less elastic and more prone to weakening.
- Aging often leads to a loss of muscle mass and strength, including the muscles of the pelvic floor. The muscles may become less firm and more relaxed.
- Aging can lead to loss of nerve function, reducing the effectiveness of the pelvic floor muscles.
- Weight gain can put added pressure on the pelvic floor.
- A sedentary lifestyle with a lack of physical activity can weaken pelvic floor muscles.



## Consequences of pelvic floor changes

- Pelvic organ prolapse – weakening of pelvic floor can cause the pelvic organ to descend into or outside the vaginal canal.
- Urinary incontinence – stress and urge incontinence.
- Fecal incontinence
- Sexual dysfunction – vaginal dryness, discomfort during intercourse, decreased sexual sensation.



## Part 2: Your Self-Care Checklist For Pelvic Health

There are **several things you can do** to maintain a healthy pelvic floor and to prevent or ease existing symptoms of pelvic floor dysfunction.



### Self-Care Checklist for Pelvic Well-Being



Hypopressives: Practice **10 min/day**. Learn more about hypopressives [here](#)



Balance your posture using lateral breathing techniques, alignment and activation of your fascia. Understand the importance of posture [here](#)



Master lateral breathing for pelvic floor relaxation. Give lateral breathing a try [here](#) on our YouTube channel! **5 minutes/day** is a great start.



Reduce stress with **3-5 minutes** daily breathing and meditations. Pick a free guided meditation from [here](#)



**30 mins/week** of exercises to improve your pelvic function. Pick between safe yoga, strength training, and other exercises for free [here](#)



Consume a healthy diet with sufficient animal-based protein in every meal. Learn more about the importance of diet to heal [here](#)



Practice **1x/week** vaginal steaming to soften scar tissue and activate healing of the nervous system. Learn how and contraindications [here](#)



Practice **10 minutes/week** of EFT tapping when you feel anxious or stuck. Try an [EFT tapping session](#) for free with our teacher Allie Murphy



Spend **10 minutes/week** practicing [this fascia releasing technique of the jaw area](#) to release tension



Keep track of any pelvic floor symptoms in a journal over time



Ensure you sleep well using mouth taping. Find out hacks for optimal sleep [here](#). You heal when you sleep well!

# Discover Your Pelvic Health Score With Our Free Easy-To-Do Assessment

## Get clarity on your next steps

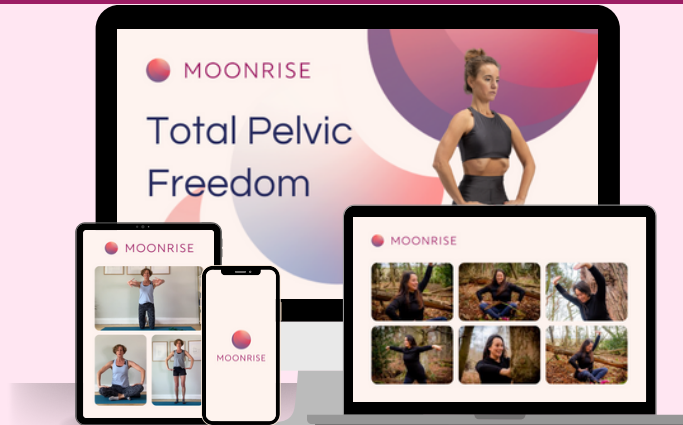
- ✔ Simply multiple-choice questions
- ✔ Holistic and covers all aspects of your needs
- ✔ Get personalized results based on your answers
- ✔ Get guidance on next steps based on your needs
- ✔ Fast, easy to fill in and helps you plan your next steps



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