

Physio questions 16, pelvic floor training

1. Explain the anatomy of the pelvic floor
2. Explain three situations in which the pelvic floor is weakened
3. Explain step 1 of the training
4. Explain step 2 of the training
5. Explain step 3 of the training
6. Explain step 4 of the training
7. Are pelvic floor exercises useful for men? If yes, name two indications

Enjoy answering these questions and if you like to send them back to me, you will find an envelope enclosed.

Sala hantle
Ntate Thuso