

Core & Pelvic Floor Connection™

Learn how your breath, deep core and pelvic floor can work together during everyday movement.



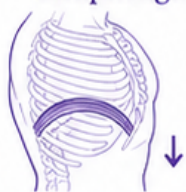
Your pelvic floor needs to relax as well as support.
The goal is gentle coordination, not constant tightening.



Meet the Team



Diaphragm



Your main breathing muscle moves down as you inhale and rises as you exhale.



Deep Core



Your abdominal muscles help manage pressure and steady your trunk.



Pelvic Floor



These muscles respond to breath, pressure and movement at the base of your pelvis.

They coordinate with your back and hip muscles to support movement, bladder and bowel function.

Try the Breath Connection

1 Find a Comfortable Position

Sit tall or lie down with your jaw, belly and hips relaxed.

2 Inhale & Expand

Breathe into your ribs, back and belly. Let your pelvic floor soften.

3 Exhale & Gently Support

Exhale slowly. Imagine a light lift through the pelvic floor and lower belly.

4 Release Completely

Let the muscles soften again before the next breath.



Try 3 to 5 slow breaths.

Use about 20 to 30 percent effort, not a maximum squeeze.

Exhale With Effort

Use the exhale during the harder part of a movement.

Standing from a chair



Exhale as you stand.

Lifting a bag



Exhale as you lift.

Pushing a door



Exhale as you push.

Climbing a step



Exhale as you step up.



Avoid holding your breath or bearing down.

What Do You Notice?

You May Need More Support

- Leaking with coughing, lifting or exercise
- A feeling of weakness or poor control
- Difficulty coordinating breath with effort



You May Need More Relaxation

- Pelvic pain or pressure
- Pain with penetration
- Difficulty starting urine or fully emptying
- Constipation with straining

Symptoms can overlap. More squeezing is not always the answer.



Today I practiced:

Breath connection / Exhale with effort



I noticed:

Relaxed / Coordinated /
Tight / Unsure



Gentle Everyday Cues

- Unclench your jaw and glutes
- Keep breathing during effort
- Use the bathroom without rushing or straining
- Let your belly move naturally with your breath



Please Seek Medical Guidance

- New or worsening pelvic heaviness or bulging
- Pelvic pain or pain with sex
- Blood in urine or stool
- Difficulty urinating or emptying your bladder
- New loss of bladder or bowel control



Seek urgent care for sudden loss of bladder or bowel control with new leg weakness, saddle-area numbness or severe back pain.



Gentle Reminder

Pelvic-floor exercises should not cause pain, pressure or breath-holding. Stop if symptoms worsen.



Martine's Midlife Wellness Tip

Practice the breath connection before adding it to a squat, lift or other exercise. Coordination comes before intensity.



When to Ask for Guidance

A pelvic-floor physical therapist can assess whether you need strengthening, relaxation, coordination or a combination.

