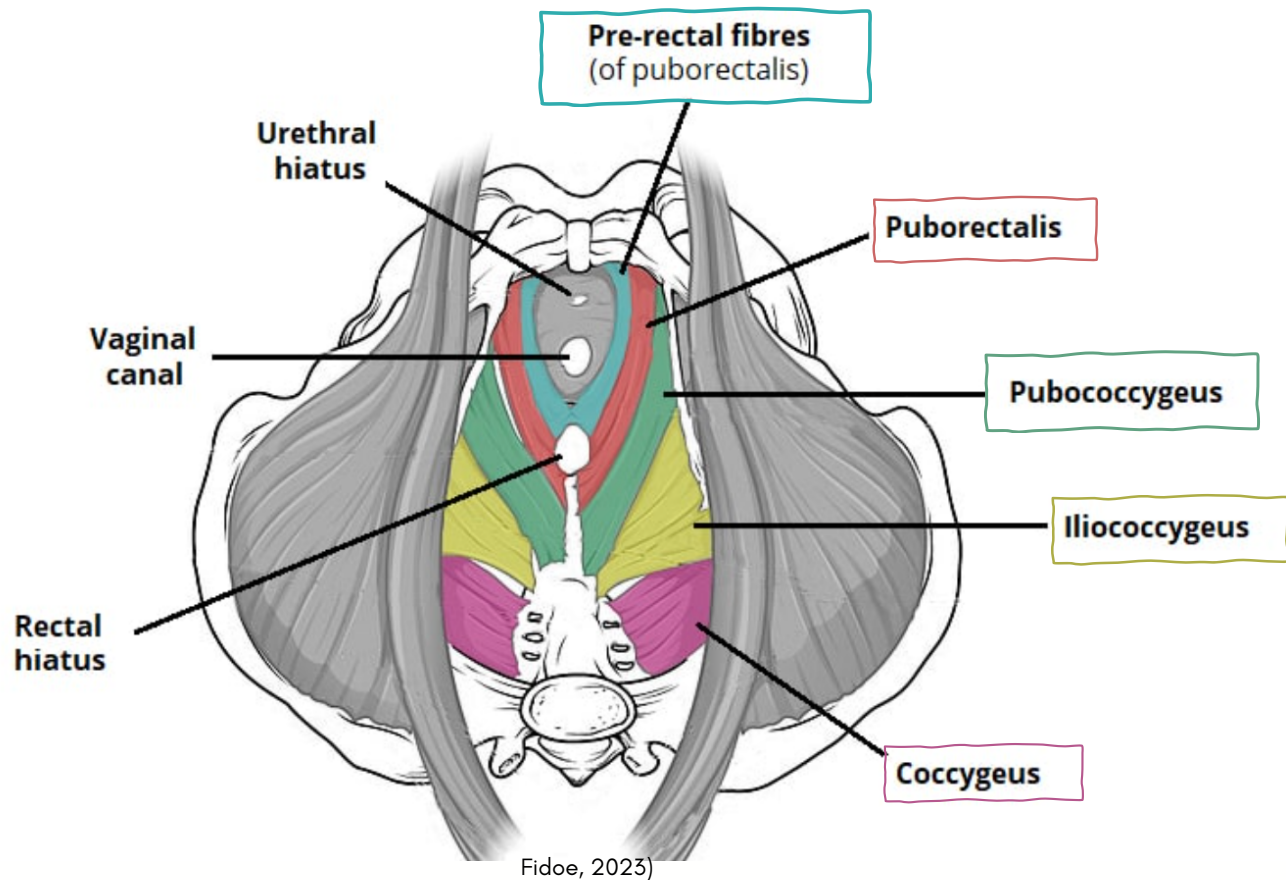


# Pelvic Floor Anatomy



## Main Pelvic Floor Muscles

**Pre-Rectal Fibers** - controls urine release

**Puborectalis** - controls bowel movements

**Pubococcygeus** - important for stability and support

**Iliococcygeus** - helps contain the bladder and bowels

**Coccygeus** - supports pelvic structures