

# Importance of the Pelvic Floor

## **Three Main Pelvic Floor Functions**

1. To support the abdominal and pelvic organs
2. To control the release of urine and feces
3. To support sexual activity and childbirth

## **The Pelvic Floor Is Also Involved In:**

1. Respiration - the pelvic floor moves with the diaphragm to allow for the shifting of all vital organs during breathing
2. Posture - the pelvic floor muscles support you and help you twist, sit, and stand