## **Contents**

	Videos				viii
	Foreword				х
	Preface				xi
	Introduction	• • • • •			xii
Part	I Anatomy and Physiology of t	the P	elvic F	loor	
1	Introduction				2
1.1	Basic Bladder Neurophysiology	3			
2	Layers of the Pelvic Floor				6
2.1	First Layer—Parietalis Fascia (Formerly Endopelvic Fascia)	6	2.3	Third Layer (Urogenital Diaphragm)	9
2.2	Second Layer (Pelvic Diaphragm)	6			
3	Evaluation of Breathing				11
3.1	Treatment of Breathing Dysfunction	14	3.3	Observation of the Shape of the Rib Cage	15
3.2	Correction of Breathing Patterns	14			
4	Functions of the Pelvic Floor Muscles				
4.1	Bladder and Bowel Function— Elimination and Continence	16	4.3	Sexual Function—Arousal and Pleasure	16
4.2	Pelvic Girdle Stability	16			
5	Understanding Tone Differences in the Pelvic Floor Muscles				
5.1	Pelvic Floor Weakness (Low-Tone Dysfunction)	17	5.2	Pelvic Floor Stiffness or "Short" Pelvic Floor Muscles (High-Tone Dysfunction)	18
6	Common Forms of Incontine	ence			20
6.1	Mixed Incontinence	20	6.2	Stress Urinary Incontinence	20

digitalisiert durch BIBLIOTHEK

6.3	Urgency Urinary Incontinence	20	6.5	Toilet Habits and Training	21
6.4	Urinary Frequency	21			
7	Medications, Nutrition, Inta	ke of	Fluid,	and Adequate Hydration	23
7.1	Medications and Continence	23			
7.2	Nutritional Intake	23			
Part I	I Treatment Options and Exer	cises			
8	The Pelvic Floor—The Almos	t For	gotten	Muscle Group	26
8.1	Medical Examination	26	8.4	The Emergence of Functional Pelvic Floor Exercises	27
8.2	Safety Precautions	26	8.5	Individual Objectives	28
8.3	The Evolution of Traditional Pelvic Floor Exercises	26	6.5	maividuai Objectives	20
9	Sensory Awareness—Feeling the Pelvic Floor				
9.1	Awareness through Touching (Palpation)	29	9.5	Awareness Training with a Partner	33
9.2	Awareness through Visualization	31	9.6	Awareness through Hearing (Auditory Input)	33
9.3	Awareness through Feeling by Touching	32	9.7	Awareness Training for Fecal Urgencies and Constipation	34
9.4	Additional Possibilities for Feeling the Pelvic Floor Muscle	32			
10	Exercises to Increase Sensory Awareness, Skill, and Coordination of Muscles Attached to the Pelvic Floor				
10.1	Exercises through Visualization Alone	37	10.5	Sitting on the Heels, Kneeling, or Standing on the Hands and Knees	39
10.2	Exercises Combining Visualization and Movement	37	10.6	Exercises Seated on a Stool	39
10.3	Exercises in Side-Lying Position	39	10.7	Frequency of Exercises	40
10.4	Exercises Lying on the Back with the Knees Bent and Apart	39	10.8	Problems Caused by Hypertonic Muscles in the Pelvic Region	41

11	Breathing Evaluation and Treatment of Breathing Dysfunction 4					
11.1	Correction of Breathing Patterns	42	11.3	Exercises to Increase Sensory Awareness of the Breath and Its		
11.2	Observation of the Shape of the	40		Connection to Pelvic Floor	40	
	Ribcage	42		Function	43	
12	Treatment with Functional I	Exerc	ises		47	
12.1	Safety with Prop Usage	47	12.5	Injuries to the Pelvic Region following Accidents	59	
12.2	Positional Challenges to the Pelvic Girdle Organs	47	12.6	Incontinence of Gas (Flatulence),		
	reivic diffuie Organs	47	12.0	Fecal Incontinence, and		
12.3	Prostate Surgery	52		Hemorrhoids	61	
12.4	Pain of the Pelvic Floor Muscles and Leakage of Urine during		12.7	Treatment of Children with Incontinence	62	
	Intercourse	58				
13	Functional Exercises for the	Pelvi	c Floor	·	64	
13.1	Exercises with the Swiss Ball	64	13.2	Exercises with Resistive Elastic Band (TheraBand)	72	
14	Stretching Exercises for the Muscles Surrounding the Pelvic Floor					
14.1	Standing and Sitting Correctly for Good Posture	79	14.4	The Tensor Fasciae Latae Muscle	85	
14.2	The Iliopsoas and Rectus		14.5	The Piriformis Muscle	88	
	Femoris Muscles	81	14.6	The Adductor Muscles	89	
14.3	The Hamstring Muscles	84	14.0	THE Address Wastes	03	
	Appendices	· · · · · ·	• • • • • • • • •		93	
	Appendix A	94		Appendix D	104	
	Appendix B	98		Appendix E	107	
	Appendix C	101				
	Suggested Reading				108	
	Glossary				110	