

FROM PROLAPSE TO  
**PELVIC  
POWER**

Four Gentle  
Movement Lessons  
to wake up your  
Pelvic Floor.

Barbara Bell & Judy Phippen

## From prolapse to pelvic power.

A four lesson process to begin the re-education of your pelvic floor

From Prolapse to Pelvic Power is a unique self-directed pelvic floor re-education program for women who are learning to identify and engage their pelvic floor muscles. The lessons have been specifically created to help develop efficient function of the pelvic floor, prenatally, postnatally, after menopause, for sports, and to alleviate symptoms of prolapse and incontinence. They emphasise a supported approach that allows women to stay within their personal comfort zone, to seek small sensations rather than pushing themselves too far, and to work with a spirit of exploration.

### CONTENT

- 01 Differentiating three holes
- 02 Sensing two sides
- 03 Diagonal connection
- 04 Doming the diaphragms

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Archived Resources - 2 x audio cassette tapes.

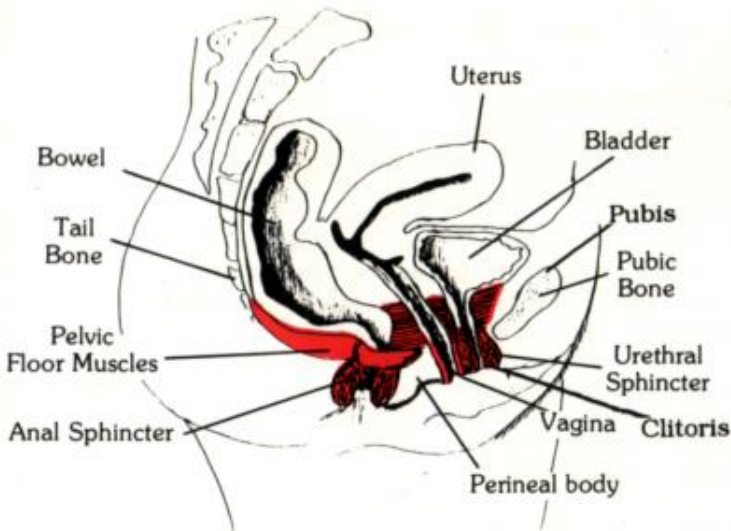
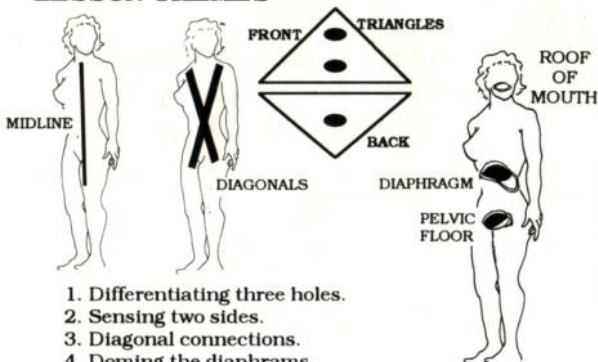


Figure 1: Side view of the female pelvic floor and pelvic organs

### WORKING STYLE -

- Stay within your personal comfort zone.
- Minimise effort.
- Seek small sensations rather than go as far as you can.
- Stay with a spirit of experimentation rather than waste energy on whether you are doing it "right".

### LESSON THEMES -



1. Differentiating three holes.
2. Sensing two sides.
3. Diagonal connections.
4. Doming the diaphragms.

- Wear loose, comfortable clothing.
- Work on a mat, towel or blanket.
- If discomfort arises place support under head, neck, knees. Remove gradually.
- Do not try to work through pain, reduce movement or just imagine it.