

Pelvic Health Tips

From Link Physical Therapy

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Hydrate!

Keep your pelvic organs and tissues happy and healthy with plenty of refreshing water daily.



Have a Seat

Sit all the way down on the toilet (no hovering!). This allows your pelvic floor muscles to fully relax and your bladder or bowels to empty better and more completely.



Check your Frequency

With normal fluid intake, we should be going to the bathroom to urinate about 6-8 times in a 24-hour period. Try to wait a minimum of 2 hours between bathroom trips, but no longer than 5 hours. Nighttime? 0-1 time.



Kegel Correctly

Exhale as you gently contract the pelvic floor muscles by pulling the muscles up and in as if you are holding back gas or stopping the flow of urine. Then, let go and feel them fully relax as you inhale. If you are not sure if you are doing them correctly or have discomfort, see a Pelvic Floor Physical Therapist. It is NOT a good idea to do Kegels while you are urinating.



Check your Health Gauges regularly

Urine color, stool consistency/shape, and menstrual flow and regularity are good daily/monthly indicators of our health status. Monitoring regularly can help us make easy changes to diet, fluid intake, and activity level, or help us know when we should consult a healthcare professional.