

MANAGING SYMPTOMS

Anterior Wall Prolapse

If you have an anterior wall prolapse (also known as a cystocele or bladder prolapse) and usually complain of incomplete bladder emptying, then leaning forward and performing an forward pelvic tilt when sitting on the toilet seat can help empty your bladder. Sometimes double voiding, or passing urine again after 5 minutes can also help with completely emptying your bladder.

Posterior Wall Prolapse

If you have posterior wall prolapse (also known as rectocele or bowel prolapse) and complain of difficulty emptying your bowels, then correcting toiletting posture and splinting the prolapse with your fingers or a Femmeze can relieve obstruction and allow you to empty your bowels effectively.



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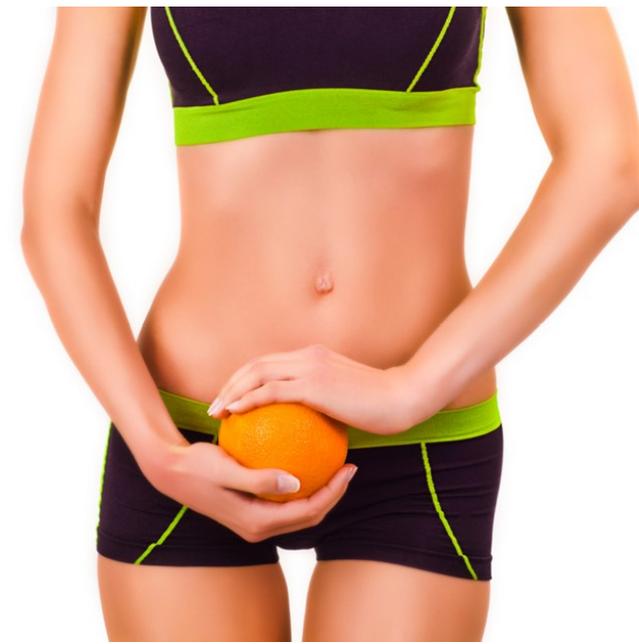
CONSERVATIVE MANAGEMENT: PELVIC ORGAN PROLAPSE

The main aim of conservative management of pelvic organ prolapse (POP) is to eliminate symptoms, improve pelvic organ support and prevent further progression of the condition. It is important to point out that conservative management will not cure the prolapse, but rather aim to improve its prognosis. To do so we usually talk about eliminating specific symptoms, reducing the downward pressure on the pelvis and increasing the upward support of the pelvis as demonstrated in the diagram on the next page.



Uterine Prolapse

If you have uterine prolapse and complain of incomplete bladder emptying then leaning backward and performing a backward pelvic tilt when sitting on the toilet can help with better emptying of the bladder. If you complain of pain with sexual intercourse then trying different positions can help reduce pain.



REDUCING DOWNWARD PRESSURE

To prevent the POP from progressing, you need to ensure you reduce or eliminate the following factors:

Avoid Constipation

Eliminating constipation all together is crucial in preventing progression of your POP. For further information refer to 'Managing Chronic Constipation' brochure.

Minimising Heavy Lifting

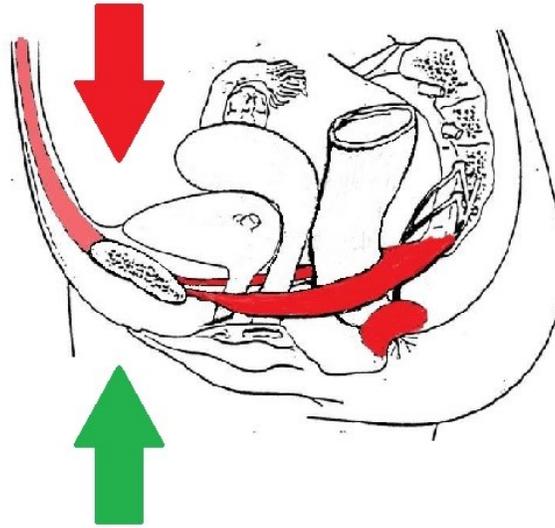
Minimising heavy lifting such as lifting unnecessary weights like heavy laundry baskets, multiple grocery bags, household items and furniture, is important in reducing the load on the pelvic organs. Prior to lifting, ensuring correct body posture and alignment as well as performing the 'knack' and exhaling during the lift phase will minimise the load on the pelvis and prevent the progression of your prolapse in the long term.

Managing Respiratory Conditions

Having a chronic respiratory condition like asthma or bronchitis where you are coughing for prolonged periods, places a tremendous amount of load on your pelvic organs. You need to ensure you perform correct breathing techniques to excrete mucous from your lungs in an efficient way and perform the 'knack' during a sneeze or a cough.

Losing Weight

Reducing body weight has a big impact on the progression of your prolapse. Although weight reduction will not treat prolapse directly, it will prevent it from progressing to the worst. If you are looking into having surgery for your prolapse then reducing weight is very important to ensure a successful outcome of surgery.



Exercising Appropriately

You need to ensure you maintain a correct posture and engage your core and pelvic floor muscles during all your exercises. Exhaling during a concentric contraction and minimising heavy weight lifting in an upright position will help reduce load on the pelvic organs. You need to avoid exercises that require you to bend your body in the middle or that have continuous landing down movements. For more information on exercises that are safe for the pelvic floor, visit www.pelvicfloorfirst.com

INCREASING UPWARD SUPPORT

Pelvic Floor Muscle Strengthening

Pelvic floor muscle strengthening does not directly treat your prolapse, however it can improve the progression or outcome of your prolapse, especially if you are considering surgical input. Pelvic floor muscle strengthening requires a strong commitment and hard work and it usually takes 3 months to see some improvements.

Functional Exercise 'KNACK'

Knack is when you use your pelvic floor muscles in a functional way. For example, squeezing the pelvic floor muscles prior to a sneeze or a cough is considered as the 'KNACK'. It helps to ensure the pelvic floor organs are well supported during the task and prevents the progression of prolapse.

Pessary Fitting

Pessary is a silicone device inserted inside the vagina that helps provide mechanical support to the pelvic organs to reduce the descent of the organs. It comes in many different shapes and sizes depending on each person. A pessary can help with symptom relief and prevent progression of prolapse without affecting your day-to-day tasks.

