

Pelvic Floor Poster Two

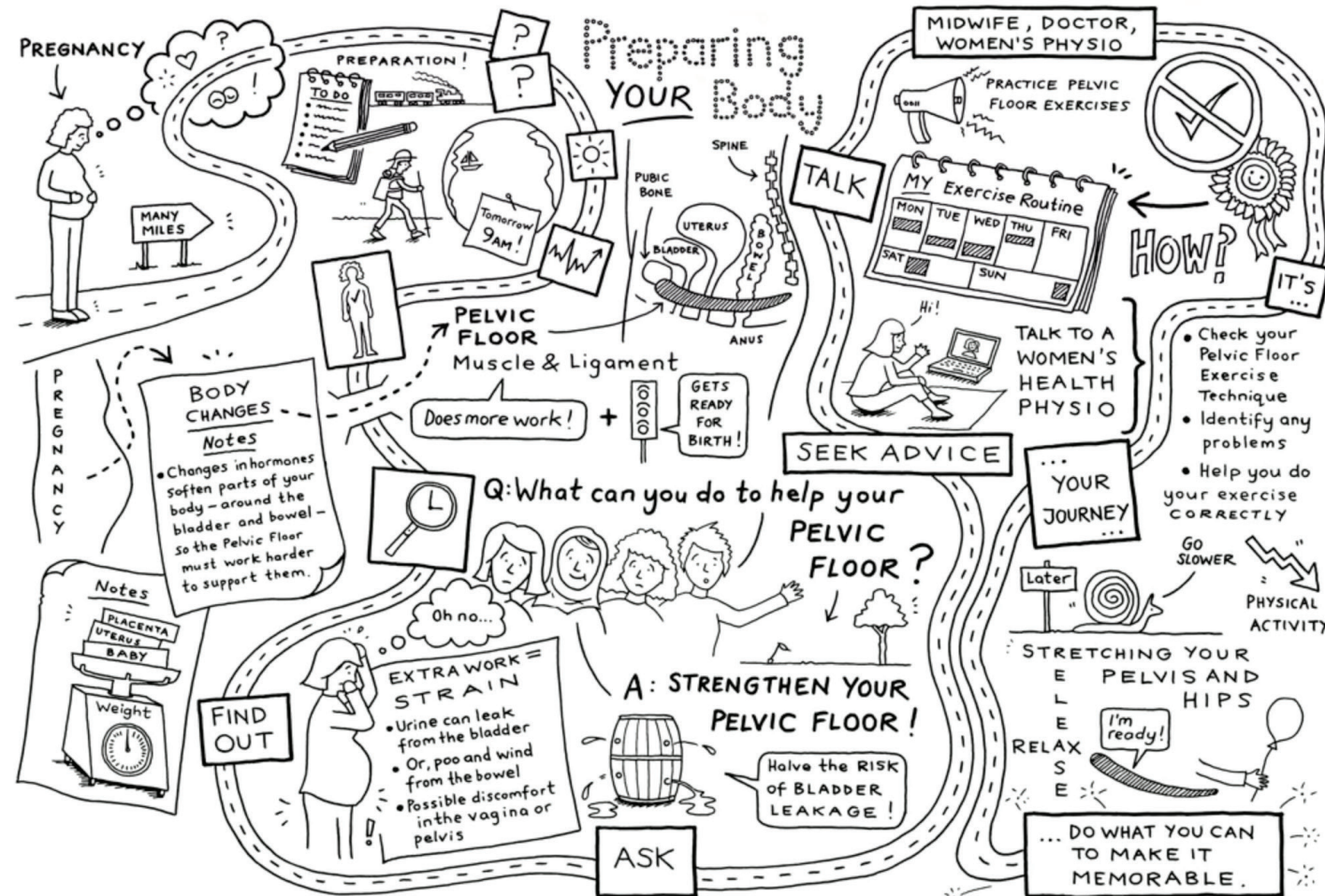
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The pelvic floor explained

The pelvic floor muscles attach to the pelvic bones by connective tissue to support the vagina, uterus, bladder and bowel. The main group of muscles providing this support is called the 'levator' muscles. There are also nerves that send the messages to squeeze and relax these pelvic floor muscles as needed.¹

Between the levator muscles there is an opening that allows the urethra, vagina and back passage to exit the abdomen. This is called the 'levator hiatus'.

Please speak to your midwife or obstetrician if you have questions about this information



Accessing Resources

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birthtrauma.org.au/thinknatal