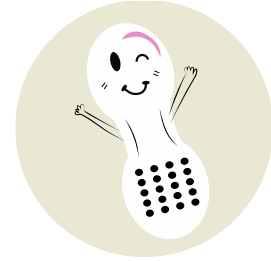


Intro to the Pelvic Floor



Workshop Duration: 40 minutes
Age Group: Levels 2-4

Workshop Overview

What will my students learn?

Intro to the Pelvic Floor is an advanced teaching session on the anatomy, mechanics, and issues pertaining to the pelvic floor musculature. Menstruators will leave this workshop with a basic understanding of the floor's structure, yet they will also be empowered with the knowledge and resources to seek care if a complication arises with their own pelvis.

Hands-on Learning Component

Sticky note questions

Supplies Needed

-  Balloons
-  Pelvic floor diagram, pictures, or anatomy resources for reference
-  Sticky notes
-  Writing instruments

Learning Objectives

-  Understand the basic muscles of the pelvic floor
-  Know the fundamental functions of the pelvic floor muscles
-  Become familiar with when to seek physical therapy
-  Have questions answered about the pelvic floor

Agenda

Introduction (5 minutes)

Activity (30 minutes)

Closing (5 minutes)

Activity: Learning About the Pelvic Floor

Preparation and Supplies

- Review and print the narration guide
- This is used for both period prepared programming and for at-home workshops
- Prepare the pelvic floor model, diagram, or pictures based off resources provided
- Have balloons available for demonstration
- Offer sticky notes to students for questions

Use of sticky notes in this activity:

- Hand out sticky notes with introduction of new topics
 - Have students write questions or comments on the sticky notes
 - Collect the sticky notes periodically and answer any questions/address comments

Demonstration Instructions:

Anatomy

- Walk students through the major structures of the pelvic floor: levator ani muscle group
 - Levator ani
 - Is a group of muscles made of 3 pairs of muscles which work together to support the organs of your pelvis
 - Puborectalis: forms a sling around the anal canal which controls when and when not to poop
 - Pubococcygeus: forms the bulk of the muscle to support the organs of the pelvic floor
 - Iliococcygeus: elevates the pelvic floor

***PASS OUT AND COLLECT STICKY NOTES**

Muscle Demonstration

- Partially blow up the balloon and press down on the inflated balloon to demonstrate the build-up of intraabdominal pressure
 - Release the balloon to show release of pressure and pelvic floor muscles
 - Explain how vaginismus and over-contracted pelvic floor muscles work with the balloon
 - It can make inserting tampons, having intercourse, and receiving pelvic exams difficult
 - A medical professional can help diagnose and treat this issue

***PASS OUT AND COLLECT STICKY NOTES**

Yoga Recommendations

- Explain basic yoga poses to help with relaxation of pelvic floor muscles
 - Child pose
 - Happy baby
 - Yogi squat
 - Cobra pose

***PASS OUT AND COLLECT STICKY NOTES**



Pelvic Floor Exercises

- Touch on Kegels and some of the modern products that claim to strengthen the pelvic floor
 - What are Kegels?
 - They are exercises that align with breathing in and breathing out to contract and release the abdominal muscles and pelvic floor muscles
 - Should ideally be done under the supervision of a pelvic floor therapist
 - Modern products
 - “Yoni egg”
 - The Yoni egg was popularized by GOOP and is not recommended by doctors
 - It contains pores which can hold bacteria and increase risk of infection
 - If you are considering a product, choose one with medical-grade silicon and consult a doctor or pelvic floor therapist for correct use
 - Silicon is pore-less and prevents growth of bacteria

***PASS OUT AND COLLECT STICKY NOTES**