



What is the pelvic floor?

The pelvic floor is the hammock of muscles that attach from the pubic bone to the front part of our pelvic ring, coming underneath the body to attach to our tailbone. Within those muscles, there are three canals—the urethra, the vaginal canal, and the rectal canal. “All of these things affect each other, so when we talk about the pelvic floor, we need to talk about bladder, bowel, and sexual function,” explains Liberi. Think: your ability to hold in urine, your lower core strength, and if sex or bowel movements are painful.

What happens to the pelvic floor during menopause?

Everybody’s pelvic floor has its own history. That history is going to define what your pelvic floor is going to be once menopause arrives.

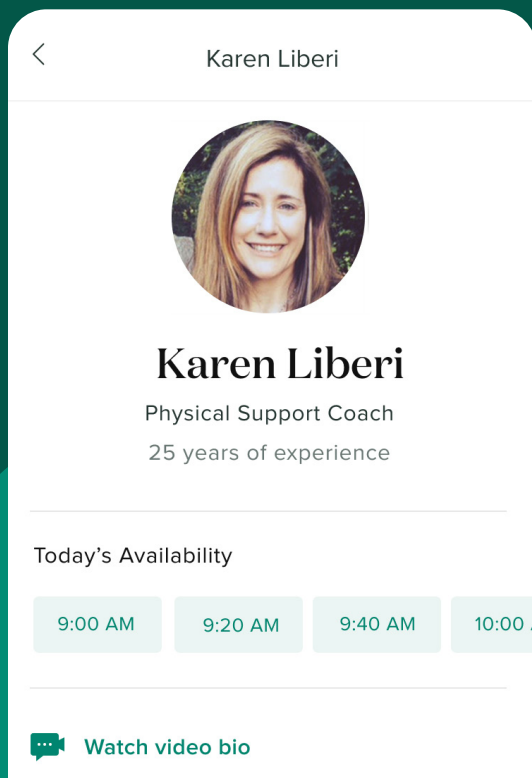
THINGS THAT CAN IMPACT YOUR PELVIC FLOOR:

- How many pregnancies you had
- How many vaginal deliveries you had
- What type of work you did (like if you were on your feet all day or if you did a lot of heavy lifting and loading for years)
- Allergies
- Chronic coughing/sneezing
- History of constipation

“All of those things can affect people as they approach the menopausal years and need to maintain good strength in the pelvic floor,” explains Liberi. In menopause, you start to lose estrogen, and with it, your tissues and muscles can begin to thin out. That thinning may cause you to lose some of the function and strength of the pelvic floor and you may need pelvic floor rehabilitation.

How a Maven Physical Support Coach can improve your pelvic floor health through menopause

Physical Support Coaches are experts in how our bodies change and feel different as we get older. We spoke to Maven’s Physical Support Coach, Karen Liberi, **about how Maven can help you learn about and strengthen your pelvic floor during menopause.**



You might want to see a pelvic floor support coach if you're experiencing:

- Leakage with coughing or sneezing
- Pain during sex
- Prolapse or a sense of pelvic heaviness
- Sudden constipation during the menopausal years

What is pelvic floor rehab?

Pelvic floor rehab starts with an educational session to understand the influences of bladder, bowel, and sexual function. "We'll talk about their symptoms and what we can do to help," says Liberi. After getting an assessment, you'll receive personalized coaching and recommended exercises to help you overcome your symptoms. Maven Physical Support Coaches can also refer you to in-person care to do a pelvic floor examination, which is an assessment of the muscles.

Pelvic floor rehab is more than Kegels

You might be thinking, "I don't need pelvic floor coaching—I know how to do my Kegels!" Not quite. "You can do a thousand Kegels a day and still have stress incontinence. It's not a matter of strength—it's a matter of understanding the function of the pelvic floor and how that relates to your symptoms," explains Liberi. Your Maven Physical Support Coach will personalize your exercise plan depending on your symptoms and what is right for you.

How Maven helps members through menopause

If you're experiencing leakage, pelvic pressure, or pain, you can easily meet with a Maven Physical Support Coach to find the strategies to overcome your symptoms. "You can talk to someone within a few hours and get a plan quickly. We get our members on a path to relieve symptoms much faster than the traditional healthcare system," Liberi says. "With Maven, you can get specialty care quickly."

Find expert support from Maven providers with:

- Understanding the pelvic floor
- Ways to make sex more comfortable after menopause
- Personalized pelvic floor exercises
- Managing menopause symptoms

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