

How to Reduce your Risk

Exercise your pelvic floor muscles

Use 'The Knack'

Consider using a support pessary

Exercise your whole body

Choose pelvic floor safe exercises

Manage your bowels

Manage coughing

Manage allergies

Lift safely

Manage your body weight

Listen to prolapse symptoms

Know your risk times

Know when to rest



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These tips and so much more can be found in
InsideOut - Prolapse Exercises. For your copy visit:
www.pelvicexercises.com.au/store