Reduce your Risk of Prolapse Worsening

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

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