



Inside Out - The Essential Women's Guide to Pelvic Support

Michelle Kenway

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Inside Out is a professional guide for how to exercise with pelvic floor dysfunction such as pelvic prolapse prolapse, incontinence after hysterectomy. Australian pelvic floor experts Michelle Kenway (Women's Health Physical Therapist) has teamed with Dr Judith Goh (Urogynaecologist) to produce this innovative self-help exercise guide for women who are at risk of pelvic floor problems with inappropriate exercise workouts. Some medical practitioners are now becoming aware that the wrong kind of exercises can cause serious pelvic floor problems such as prolapse, incontinence and pelvic pain. Women at particular risk of pelvic floor injury include women; with vaginal or rectal prolapse, after prolapse surgery, after a hysterectomy, during menopause and particularly after childbirth. Inside Out has been selected by a panel of expert Australian physiotherapists on behalf of the The Continence Foundation of Australia as a key resource in their current Australia-wide Exercise and The Pelvic Floor initiative for women. Unfortunately until now many women have been unknowingly increasing their risk of pelvic floor injury with inappropriate general exercises. Recent clinical research now tells us that some commonly performed exercises such as intense core or abdominal sit-up exercises, and particular gym exercises increase the downward pressure on the female pelvic floor. This downward pressure can strain and weaken pelvic floor support structures increasing the risk of female pelvic floor problems including vaginal prolapse, incontinence and pelvic pain. Inside Out provides those women with or at increased risk of pelvic floor injury guidelines on how to perform safe and appropriate general strength and fitness exercises. Inside Out also guides women step-by-step through pelvic floor and core strength and control exercises to assist them to improve their pelvic floor support. Inside Out is divided into two main sections. The first section is based upon the most current clinical research into pelvic floor exercise. This section details Kegel exercises (pelvic floor exercises) and teaches women how to find, feel and train their pelvic floor muscles for improved pelvic floor strength and control. Women are guided through appropriate core exercise technique and taught the common pelvic floor and core exercise mistakes to avoid. The second section of Inside Out teaches women how to identify unsafe exercises including inappropriate core, gym, aerobic and fitness class exercises. This section teaches women how to identify and perform safe strength, aerobic and fitness class exercises including Pilates and Yoga. A comprehensive whole body strength training routine appropriate for women with pelvic floor problems is accompanied by photographs and step-by-step guidelines. Real life stories from women who have experienced pelvic floor problems with exercise are interspersed throughout the text. Benefits for women reading Inside Out and following the Inside Out exercise program include: - increased pelvic floor strength and control - improved bladder and bowel control - improved prolapse support -understanding of safe weight loss exercises when living with pelvic floor dysfunction -improved general strength and aerobic fitness for women living with pelvic floor dysfunction - improved confidence exercising safely after pelvic surgery.



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