



# What's Normal Down There?

## How your BLADDER should function

- Peeing about once every 4 hours
- Gradual build-up in signal to pee
- Peeing about 12 ounces or being able to count to over 10 seconds before each void
- No itching or burning!
- No night voids (okay, 1x/night is allowed if you are in your 1st or 3rd trimester of pregnancy, or if you are over 60 years old). Otherwise, you should sleep soundly through the night.
- No leakage with sneezing, laughing, coughing, running water, etc.

- Do the Pelvic Floored™ Bladder Diary to see exactly where you can improve the most.
- In general, most of us need to increase water intake, understand bladder norms, and reduce any constipation that is present, to attain these norms. You can do it!

## How your BOWELS should function

- Bowel movements are normal from 3X per week to 3X per day – as long as they are soft logs and not painful
- Gradual build-up urge to poop
- No smearing on your underwear and no leakage of poop
- No straining to pass a bowel movement

- Just like with bladder norms, if you have dysfunction here, the usual place to start is with understanding HOW the bowels work, especially correcting any hydration deficits.
- Fiber is also important, as is RELAXING YOUR PELVIC FLOOR, as a hypertonic pelvic floor will contribute to urgency for pee AND pooh, make you more constipated AND make it more likely you will be incontinent of urine.

## Pelvic Organ Prolapse

- We should not have any internal organs on the outside of our vagina (or rectum)
- We should be able to perform our daily activities without feelings of pressure in the vaginal vault
- A majority of women, after proper training, are able to perform a safe exercise program, without pain or pelvic organ pressure, regardless of age and number of deliveries

- My Signature Series Program will help with all of these common, but not normal, complaints! Evidence Based Lectures & Workouts that have helped THOUSANDS of people recover control over their body. All for less than the cost of one in person PT visit! Buy yours today!