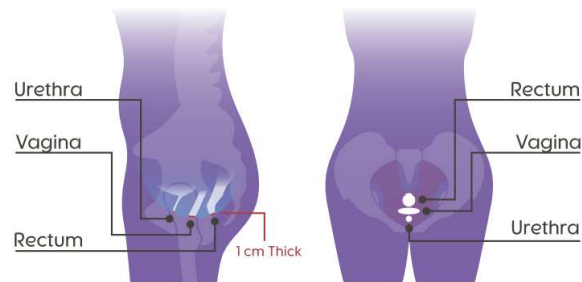


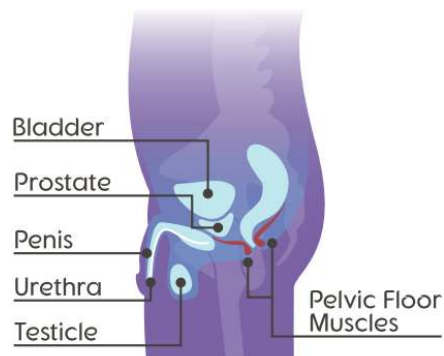
Anatomy Review: Let's Get Oriented!

PELVISES WITH FEMALE ANATOMY



- Internally, Bladder is nestled behind pubic bone; uterus and ovaries (if you have them) are in the middle, and the rectum (final place for poop to collect before evacuation) is in back.
- 3 holes: Urethra in front, brings urine out of bladder; Vagina in the middle is the connection between the vulva and the uterus; Anus in the back is the exit point for poop.
- All around these 3 holes are your pelvic floor muscles. Just like you have a left and right arm, you have a left and right pelvic floor, each with their own coordination and health history.
- And, moreso, there's not just 'one' pelvic floor muscle, but MORE THAN SIX ON EACH SIDE!

PELVISES WITH MALE ANATOMY



- Penis in front, with much longer urethra from bladder, coming out the tip. Bladder behind pubic bone and rectum in back.
- Prostate is nestled under bladder. Pelvic Muscle Dysfunction often mimics prostate pain.