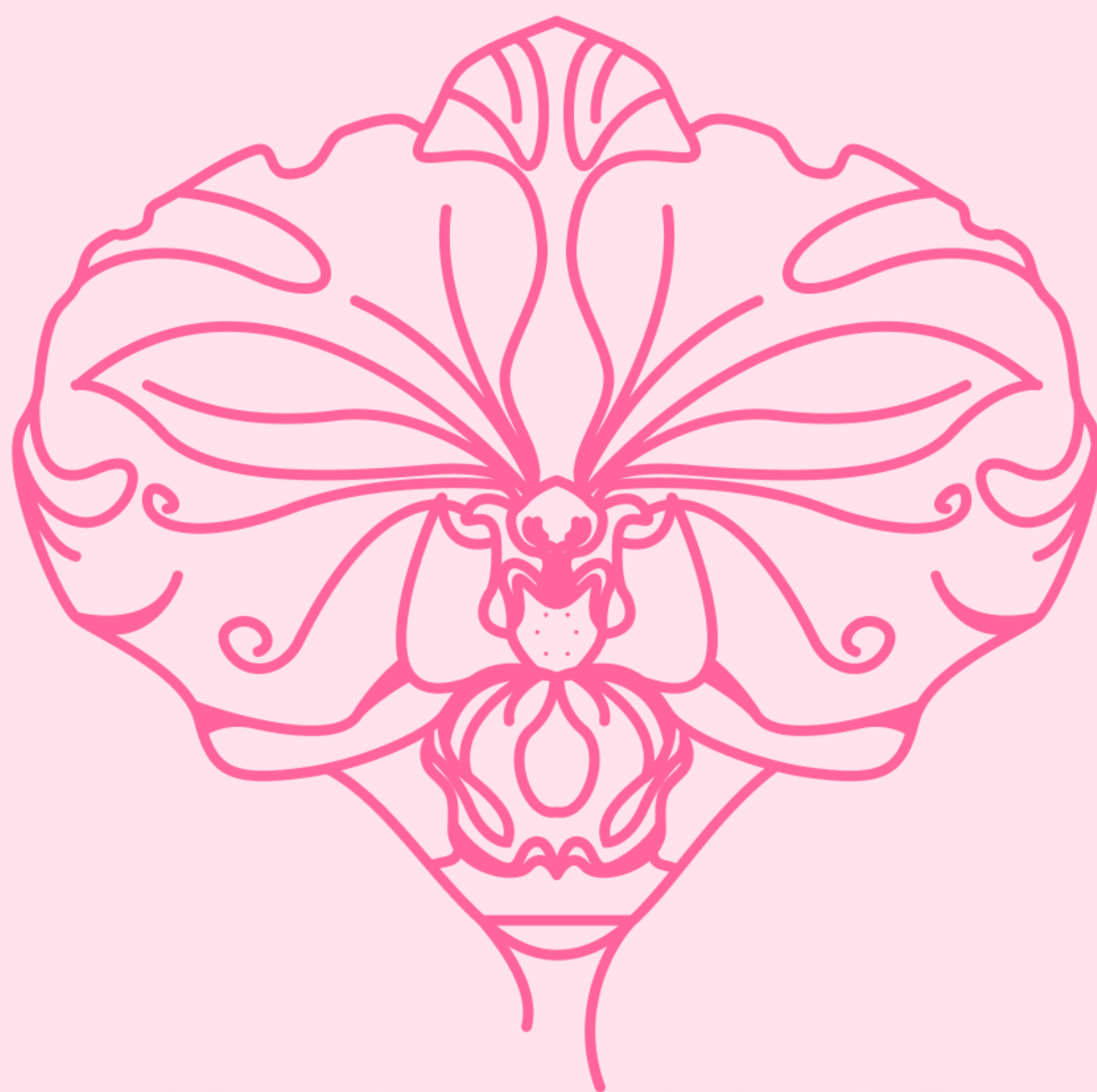




SELF-DIAGNOSIS OF THE PELVIC FLOOR MUSCLES (PFM)

WG[✦]

MIRROR TEST



1

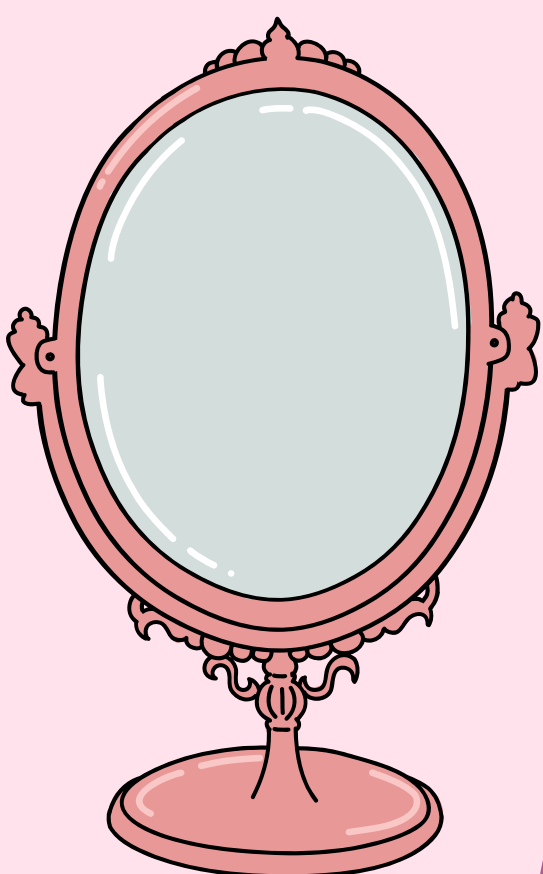
**FIND A PRIVATE PLACE
WHERE YOU WON'T BE
DISTURBED (LIKE THE
BATHROOM OR YOUR BEDROOM)**

**2 SIT ON THE FLOOR
LEANING AGAINST THE
WALL OR TAKE A
RECLINING POSITION ON
THE BED, BEND YOUR
KNEES AND SPREAD THEM
APART AS IF EXAMINED
BY A GYNECOLOGIST.**

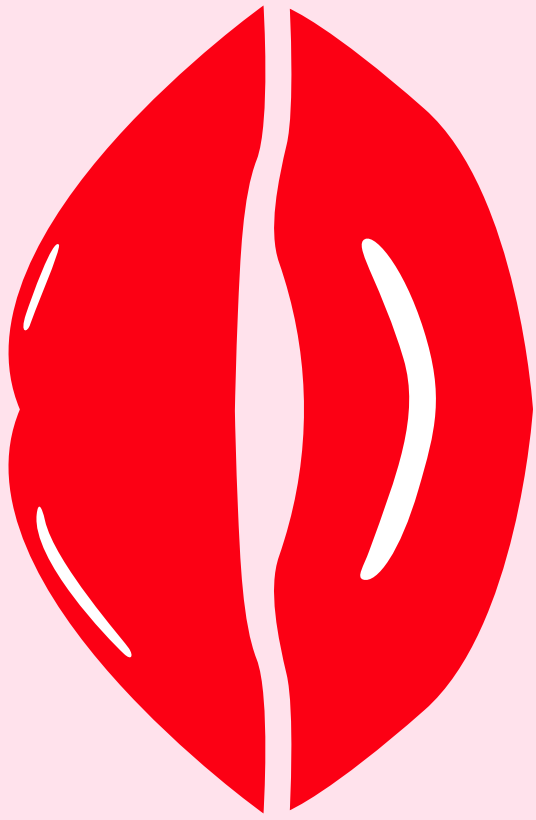


3

**PLACE A MIRROR BETWEEN
YOUR LEGS, LIFT YOUR HEAD AND
LOOK AT YOUR VULVA**



**PLEASE NOTE: IS THE GENITAL FISSURE CLOSED? OR REMAINS SLIGHTLY
OPEN? TRY LAUGHING OR COUGHING. IS THERE SOMETHING PROTRUDING
FROM THE PERINEUM?**



INCOMPLETE CLOSURE OF THE GENITAL FISSURE MAY INDICATE WEAKENING OF THE CONNECTIVE TISSUE AND SUPERFICIAL LAYERS OF THE PELVIC FLOOR MUSCLES. IF THIS IS NEGLECTED AT AN EARLY STAGE, THE SITUATION MAY WORSEN, MOVING INTO MORE SERIOUS STAGES.

MULTIPLE FACTORS CAN CONTRIBUTE TO THIS PROBLEM:



**CHILDBIRTH,
RUPTURES DURING
CHILDBIRTH,
GYNECOLOGICAL
OPERATIONS**



**INTRA-ABDOMINAL
PRESSURE**

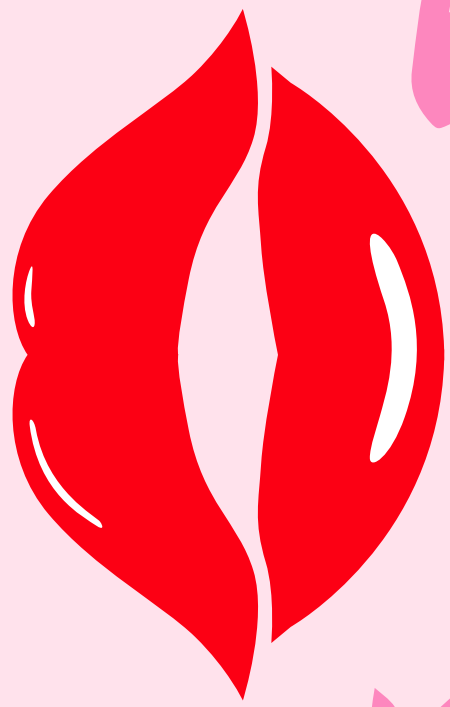


EXCESS WEIGHT

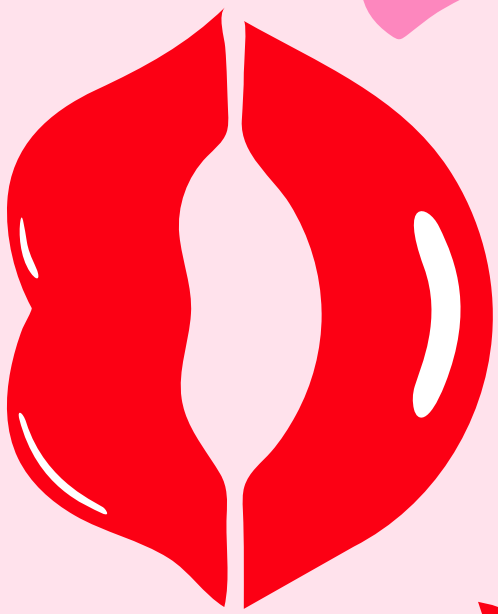
ETC.



FOR NURSING MOTHERS UNDER ONE YEAR OLD, THE CAUSE MAY BE HORMONAL CHANGES, AND THE SITUATION MAY IMPROVE ON ITS OWN. IN OTHER CASES, THE PROBLEM MUST BE ACTIVELY ADDRESSED AS IT WILL NOT GO AWAY ON ITS OWN.



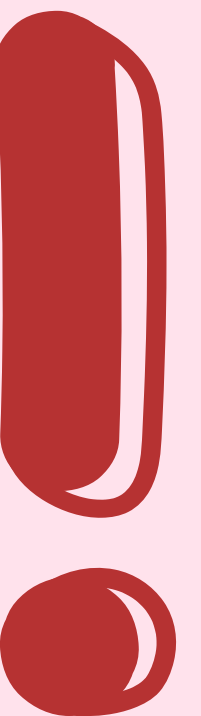
INSUFFICIENT CLOSURE OF THE GENITAL FISSURE IS CREATED. CREATES CONDITIONS FOR THE PENETRATION OF PATHOGENIC MICROFLORA, INCREASING THE RISK OF DEVELOPING THRUSH, VAGINITIS, CYSTITIS AND OTHER INFECTIONS.



THIS IS ESPECIALLY TRUE FOR SITUATIONS WHERE THE GENITAL SLIT IS VERY OPEN, WHICH IS NOT ALWAYS NOTICEABLE TO THE NAKED EYE.



AN EXTREMELY NEGATIVE CONSEQUENCE CAN BE PROLAPSE, IN WHICH ORGANS ARE DISPLACED, WHICH OFTEN HAPPENS DURING PHYSICAL EXERTION OR CONSTIPATION, LEADING TO FURTHER PROLAPSE.



IF YOU HAVE:

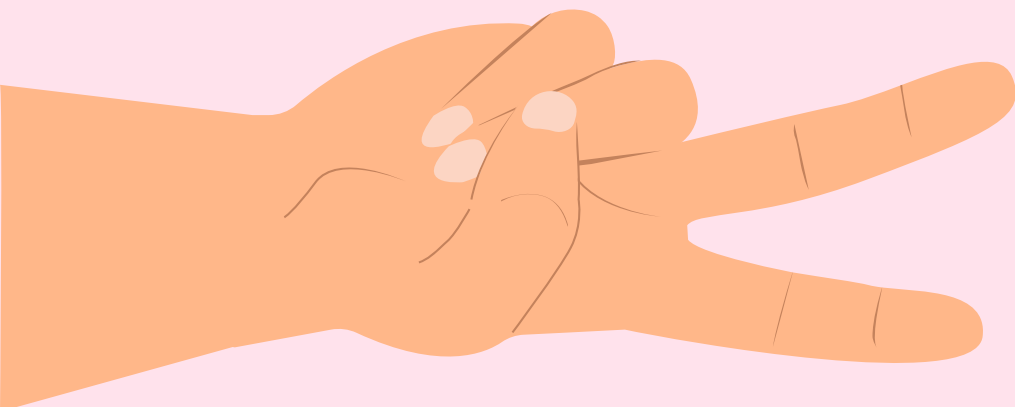


AIR GETS IN DURING EXERCISE

WATER GETS IN WHILE SWIMMING

UNUSUAL SOUNDS OCCUR DURING INTERCOURSE

THESE ARE SIGNS OF SERIOUS DAMAGE AND DYSFUNCTION OF THE MUSCULAR LAYER OF THE PELVIC FLOOR.



FINGERS TEST

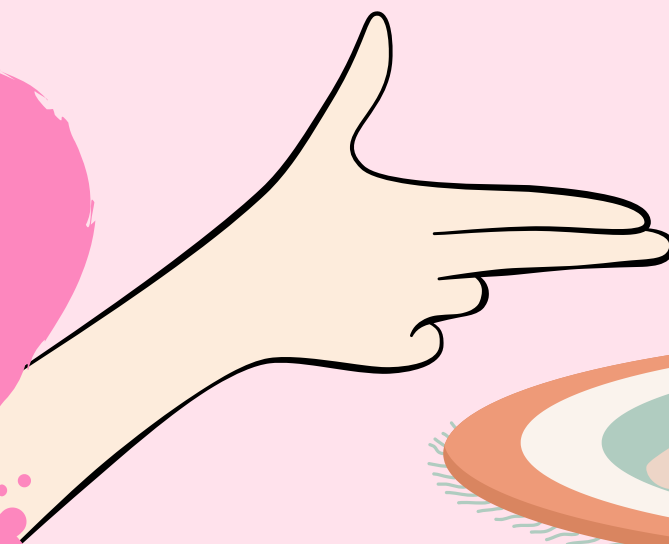


**PLEASE WASH YOUR
HANDS WITH SOAP AND
WATER BEFORE TAKING
THE TEST.**

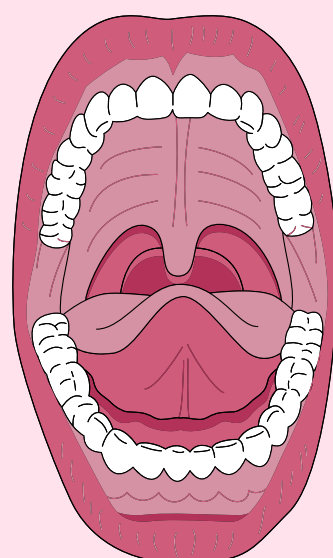


1

**GENTLY INSERT YOUR INDEX
AND RING FINGERS INTO THE
VAGINA AND EVALUATE THE
SURFACE OF THE CANAL. IS
IT SMOOTH OR RIBBED?**

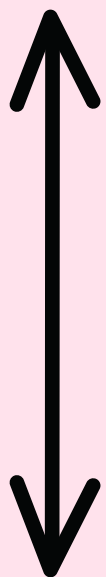
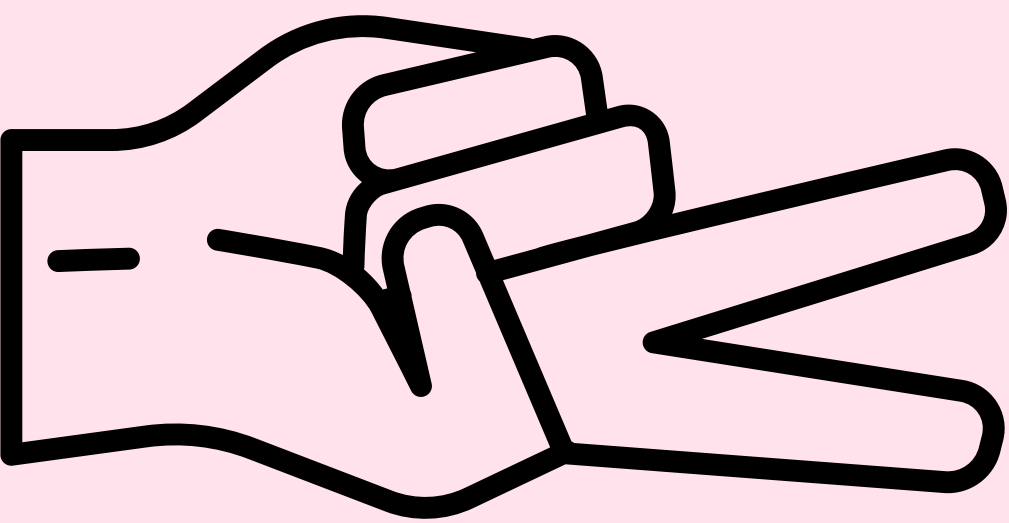
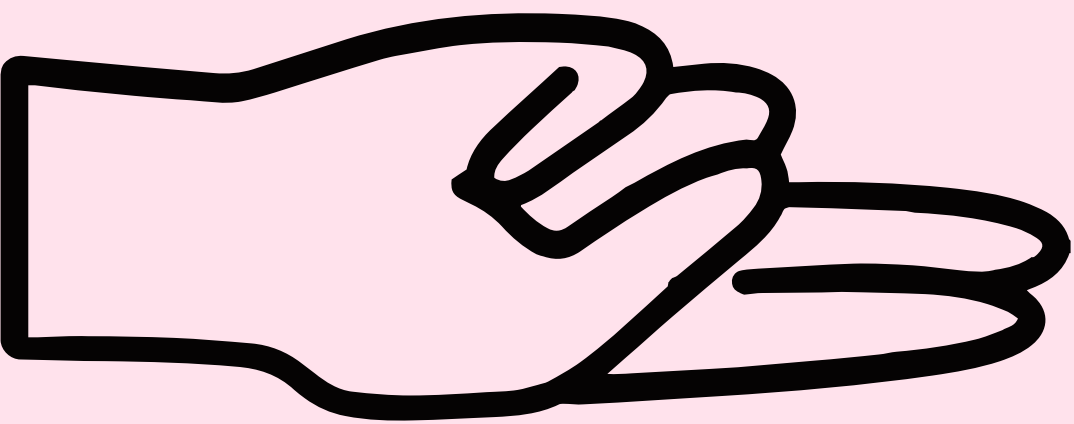


**IF THE INNER SURFACE IS
RIBBED (RESEMBLING THE
SKY IN THE MOUTH), THEN
YOU HAVE NORMAL TONE**



**IF THE INNER SURFACE IS
SMOOTH, THIS INDICATES A
WEAK PFM**





2

NOW TURN YOUR FINGERS OVER. THE INDEX FINGER RESTS ON THE FRONT WALL OF THE VAGINA, THE RING FINGER ON THE BACK (TOWARDS THE ANUS). CONTRACT PFM BY SQUEEZING YOUR FINGERS AND TRY TO SPREAD YOUR FINGERS TO THE SIDE.



IF YOU CAN EASILY SQUEEZE YOUR FINGERS AND PREVENT THEM FROM SPREADING, CONGRATULATIONS, YOUR PELVIC FLOOR MUSCLES ARE WELL DEVELOPED!



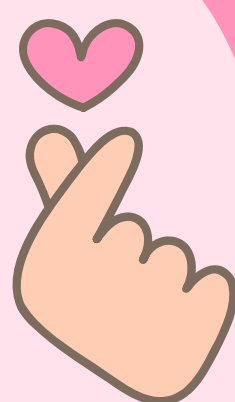
IF YOU HAVE DIFFICULTY CONTRACTING THIS MUSCLE GROUP AND CANNOT PREVENT YOUR FINGERS FROM SPREADING, YOU SHOULD PAY ATTENTION TO THIS AND START DOING INTIMATE FITNESS TO PREVENT PROBLEMS LIKE: VAGINAL FLATULENCE, ORGAN PROLAPSE, URINARY INCONTINENCE, ETC.

“

IF YOU ALREADY HAVE SYMPTOMS, SUCH AS INCONTINENCE WITH PHYSICAL ACTIVITY, COUGHING, JUMPING, OR LAUGHING, OR ARE DIAGNOSED WITH PROLAPSE, THIS INDICATES WEAKNESS IN THE PELVIC FLOOR MUSCLES. OUR “MUSCULAR HAMMOCK” WEAKENS DUE TO EXCESSIVE LOAD IN THE BODY AND BEGINS TO SINK, AFFECTING THE ORGANS LOCATED IN THE ABDOMINAL CAVITY AND PELVIS.

”

WHAT TO DO IF YOU HAVE THE PFM WEAKNESS ?!



**FIRST OF ALL, DON'T WORRY! YOU ARE
HERE TO FIX IT AND I AM HERE TO
HELP YOU! ANY SITUATION CAN BE
TURNED INTO A PLUS**



**IF YOU HAVE DETECTED AT LEAST ONE
SYMPTOM FROM THE DIAGNOSTIC, DO
NOT DELAY AND DO NOT WAIT FOR IT
TO WORSEN.**

**JUST 10 MINUTES A DAY WITH
AN EXPANDER WILL HELP YOU
RESTORE THE TONE OF YOUR
PELVIC FLOOR MUSCLES AND
RESTORE THE JOY OF LIFE!**



WOMANG.GLOBAL

