



Healthy Families Homebirth

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Pelvic Organ Prolapse

Pelvic organ prolapse is when one or more of the pelvic organs is slipping down from their usual positions. This can include the uterus, the rectum, or the vaginal walls. It is common for women with pelvic organ prolapse to feel a bearing down sensation in their genitals. Intercourse may be painful and using tampons are uncomfortable. Doctors offer little more than surgery to correct the organs. Unfortunately, the effectiveness of surgery is minimal. Fortunately, there are other methods available to you:

Homeopathy: Homeopathy has helped many women with pelvic organ prolapse. See a trained professional for assistance.

Physical Therapy: Find a physical therapist that specializes in the pelvic floor.

Abdominal Toning: The ab muscles have been stretched over your growing uterus. These muscles support your lower back and your torso. Regaining tone in this area requires a simple exercise that can be done while breastfeeding, driving, or reading.

Sit up straight with your back against a flat surface. Place one hand over your belly. On an inhale let the air expand your belly out. On an exhale notice that your belly pulls back in. On your next exhale, as your belly is naturally pulling in, use your hand to push in your belly a little more. Can you feel the muscles under there working? Inhale and let the belly expand, and exhale pushing into your belly a little more. You are finding the core of the rectus abdominis muscles. When you think you have found the core, gently push in a little deeper and that is likely the core.

When the core is found, exhale and let the belly expand a little- not all the way as when relaxed. Then inhale and strengthen the core muscles. Repeat this inhale, exhale routine starting with 10 at each sitting, then 25, and so on until you reach 100 twice a day.

Doing sit-ups or crunches are not that useful after pregnancy. The rectus abdominis muscles, they run up and down the front of the belly, have likely been separated because of the large uterus. Sit-ups actually strain, and separate those muscles further as opposed to strengthening them.