

ATHLETE PELVIC FLOOR HEALTH DO YOU EXPERIENCE:



**DRAGGING,
BULGING OR HEAVINESS
IN THE VAGINA?**



**PAIN IN THE PELVIC
REGION OR PAIN
DURING SEXUAL
INTERCOURSE?**



**LOSING CONTROL
OF WIND OR BOWEL
MOTIONS?**



**LEAKING URINE IN
TRAINING OR
COMPETITION?**
or with coughing, laughing,
sneezing or due to a strong urge?

**NEEDING TO RUSH
TO THE TOILET?
CONSTANT NEED
TO URINATE?**



You may have a pelvic floor disorder
Pelvic floor disorders are incredibly common in all age groups, however they are not normal. There are treatment strategies that might assist you with your symptoms, which include pelvic floor muscle training. Speak to your medical practitioner or physiotherapist to find where to get help, or learn more on our education module.



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