

Mobility|WOD
Pelvic Health Course for Women
Video Outline

Video 1: Introduction to the course, intended audience and goals

- Common Myths about Pelvic Floor Muscle Function
- Normal Pelvic Floor Muscle function and signs and symptoms of dysfunction
- Pelvic Floor Muscle Anatomy Introduction and Photos

Video 2: Mini Lab

- Improving proprioception of the pelvic floor muscles
(Items needed: a chair and a hand towel or dish towel)
- The respiratory diaphragm and pelvic diaphragm as a functional piston

Video 3: Towel Lab Q& A and Instruction Part 2

- Live Audience feedback from Towel Lab
- Practical and Daily activities that you can do to improve your pelvic floor muscle function and decrease dysfunction
- Bladder Irritants and Soothers
- Nutritional recommendations

Video 4: Live audience questions and feedback from lecture

- Guided mobilizations and exercises for improved pelvic floor muscle function