

EXERCISE  
AND  
PELVIC  
ORGAN  
PROLAPSE.  
A NEED  
TO KNOW  
GUIDE

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# WELCOME

Hi Ladies,

Welcome to our "Exercise and Pelvic Organ Prolapse - a Need to Know Guide" ebook. The aim of this guide is to give you the best information we can to keep you safe if you want to exercise but have a prolapse, or want to know a bit more about what pop is and what you can do to help improve your symptoms and avoid making it worse.

# WHAT IS A “PELVIC ORGAN PROLAPSE”?

THIS IS ONE OF THE MOST PERSONAL SUBJECTS  
WE DEAL WITH

This is one of the most personal subjects we deal with and in some cases ladies are so upset about their symptoms that they haven't even discussed things with those people closest to them.

A prolapse can cause constant dragging and heaviness in the pelvis, it can cause problems when going to the loo and be painful when being intimate with your partner.

Now this can really affect a woman's confidence and relationships with partners and unfortunately, we often hear women being told “It's just one of those things”, or “It's very common lots of women suffer with one”.

Yes, it is very common, however, NO, NO, NO. It is not “just one of those things”!

It can have a huge impact on your life, self-esteem and relationships which is why we feel so passionate about getting women the right information about prolapse and hopefully prevent the need for surgery and or improve recovery if surgery is the only option left.

A pelvic organ prolapse is when one of the organs in the abdominal cavity drops, the connective tissue and ligaments that hold them in place can become weak and stretched particularly during pregnancy and after the menopause.

If you have been diagnosed with a prolapse you should have been told which organ has prolapsed and if you have seen a consultant or women's health physio then possibly given a grade as to how much the organ has dropped, 1 being mild and 3 meaning it is possible to feel the organ on self-examination.

Over 50% of women have some degree of a prolapse and the most common symptom is leaking or some level of stress incontinence.

Also, contrary to popular belief this is not something that only affects women post menopause either, it is something we see regularly with women of all ages who have been diagnosed with some form of prolapse.

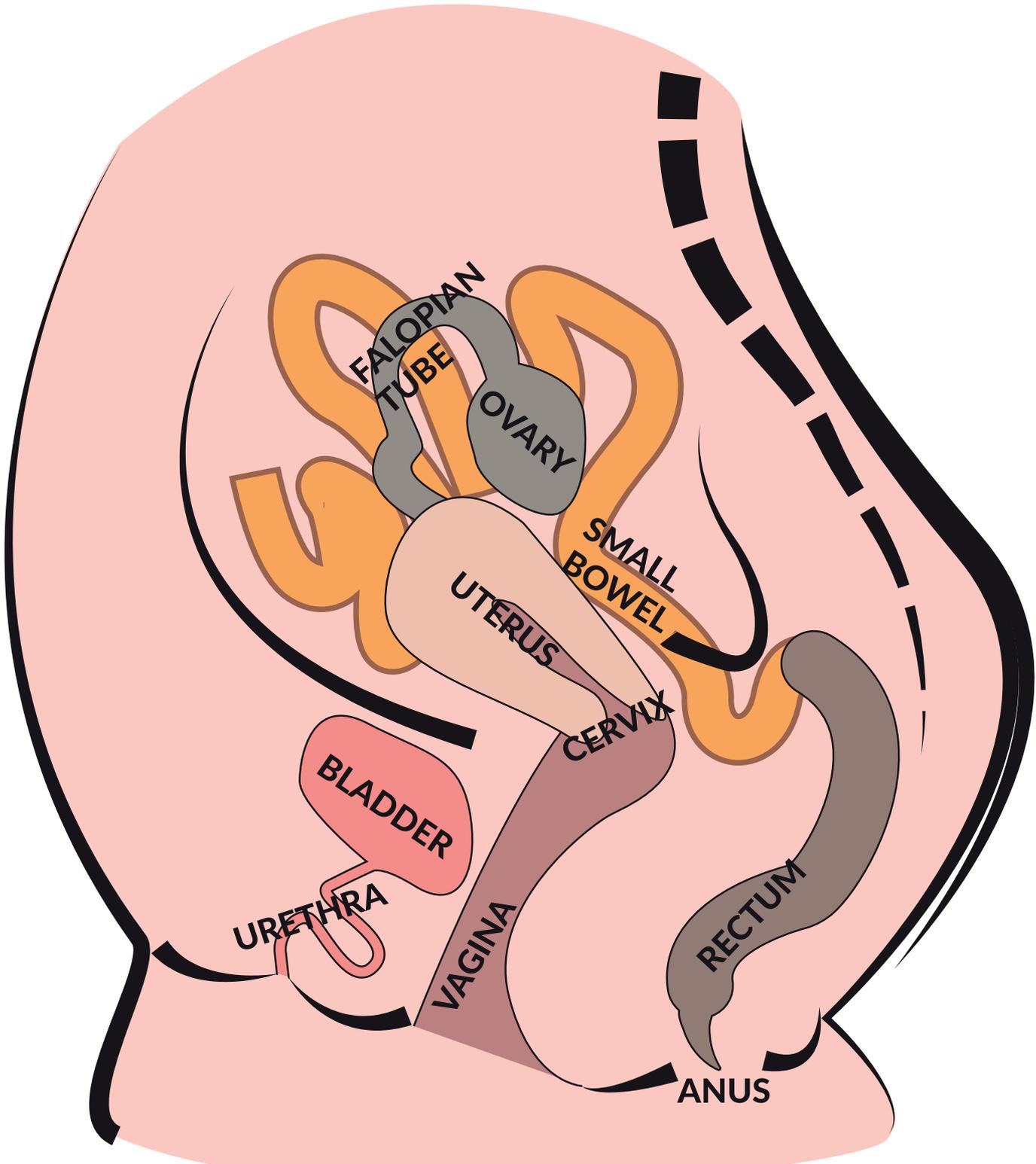
Young women post birth especially with larger babies, women with abdominal separation who have a core weakness who have either lifted something heavy or put a lot of pressure in to the pelvic cavity.

Women with issues like constipation, fit and active women during pregnancy who have not adapted their training and considered the weight of the baby on their pelvic organs and pelvic floor causing a postnatal prolapse.

So you can see, this can affect any women at any time so we want to encourage you to look after yourselves properly.

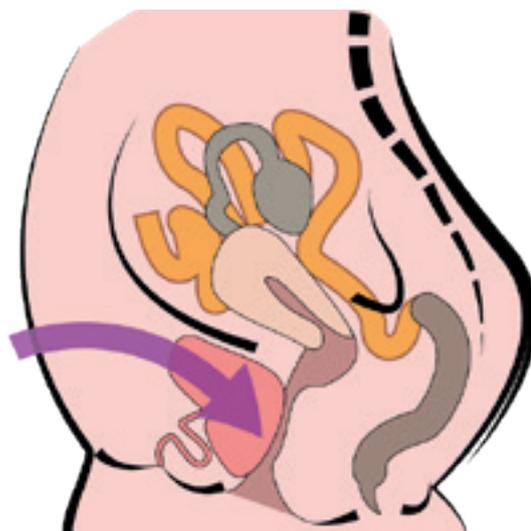
Through this guide we are going to discuss how can you improve your symptoms and show you how small lifestyle changes can really help make some changes in how you are feeling and help you get stronger to prevent you becoming one of the 50%!

# THE FEMALE REPRODUCTIVE SYSTEM

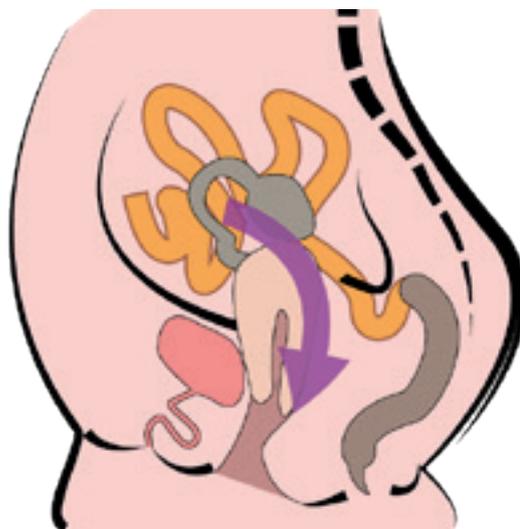


# DIFFERENT TYPES OF PROLAPSE

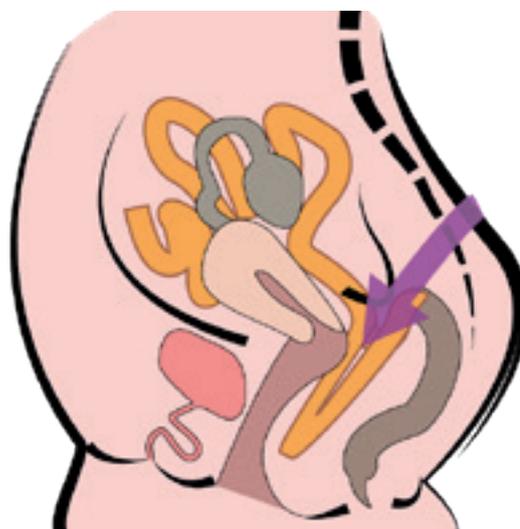
**CYSTOCELE (BLADDER)**



**UTERINE (UTERUS)**

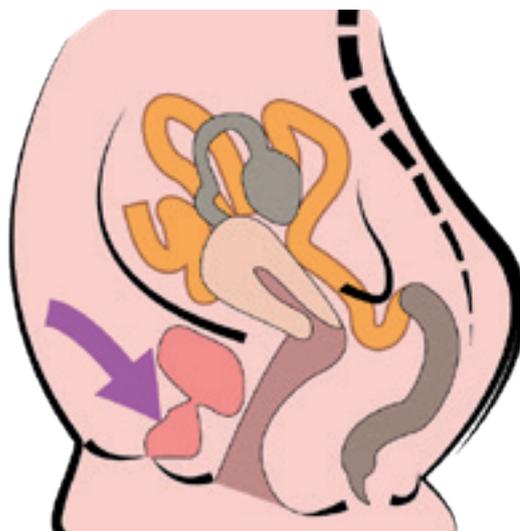


**ENTEROCELE  
(SMALL BOWEL)**

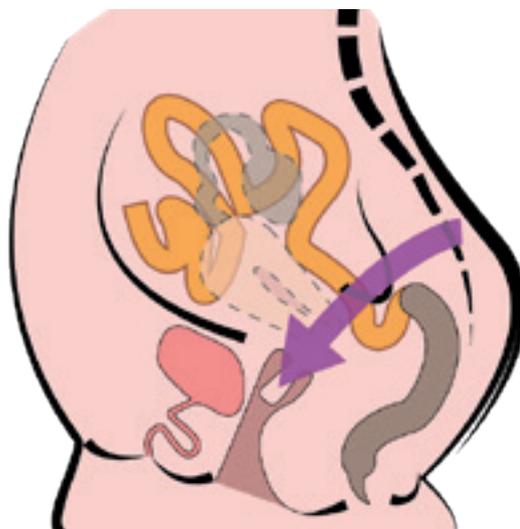


# DIFFERENT TYPES OF PROLAPSE

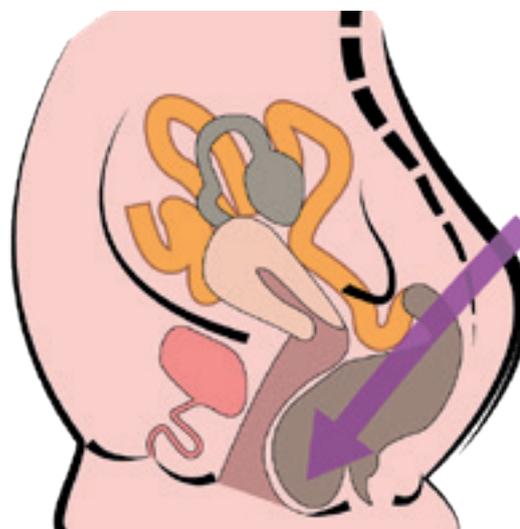
**URETHROCELE (URETHRA)**



**VAGINAL VAULT  
(POST HYSTORECTOMY)**



**RECTOCELE  
(RECTUM)**



## **“WHAT ARE THE SYMPTOMS OF A POP?” (PELVIC ORGAN PROLAPSE)**

First of all if you feel like you may have a prolapse it's important to go to your GP and get a proper diagnosis, that way you can find out what has prolapsed and if they can tell you a grade. Grade one being a mild prolapse going through to a grade three which is where you can feel something isn't quite right (protruding) on self-examination.

One of the most common symptoms of a mild prolapse would be leaking. Stress incontinence can be a weak pelvic floor, but it can also be the sign of a mild prolapse. You may get mild back ache if the prolapse is dropping back into your pelvis.

A feeling of heaviness in the hips and pelvis is very common and this sensation can get worse around your period or when you are ovulating.

Sometimes it can feel uncomfortable to insert a tampon, like something is in the way.

Ladies that have gone through the menopause may also notice changes during the month as you are still affected by different hormones.

It is often you can get this feeling of discomfort in the pelvis, lower back, groin and in the vagina. Often described as a pulling or aching sensation.

A higher grade of prolapse can cause issues when going to the toilet and pain or discomfort during intimacy.

Some women do have to physically move the prolapse out of the way to go to the toilet and we have worked with women who have resorted to using a tampon to push the prolapse up. Absolutely not recommended by us!

In these cases, it is so important to get some medical help, pessaries are plastic devices which are inserted to help lift the prolapse and serve a much better purpose than using a tampon.

Research suggested that this issue affects 50% of women and we personally know what an impact it can have on you having to live with these symptom's day in day out.

The good news is that simple lifestyle changes can make a difference and help you to start to improve your symptoms.

## HOW CAN I HELP MYSELF?

We are obviously on a very sensitive topic at the moment and we are so glad you are sticking around to find out this information that we have put together for you.

When you are **struggling with a prolapse**, the thought of anything strenuous just fills you with **dread**, right?

The thought of **coughing? Lifting something?** And dare I say it **pooing** can just become a **MASSIVE** deal.

We would like to offer you some tips you can that can hopefully help reduce the stress of when the above occur.

### Coughing

When we cough, we tend to bend forwards and push down into our stomach, thus pushing onto the prolapse, so we would like you to try this instead.

Sit up tall, tighten your tummy muscles, look straight, place one hand on your thigh, whilst you bring the other to your mouth (thinking germ catching) and cough forwards.

Our video explains this a bit better as you can see what we mean. This reduces the amount of pressure going into the abdominal cavity and you should all in all feel better?

Give it a try!

### Defecating (let's talk poo!)

We know it's a not a talked about topic, but I am sorry, we all do it, and sometimes it is harder for some than others so let's just get it out there.

When you have a prolapse it can often cause constipation so going to the loo can become quite an ordeal, so we want to try to help you make it a bit less of a mission with a couple of tips.

First, you have got to try to relax so just start breathing and relaxing your tummy muscles.

Get into a winning position. The conventional way to sit on the toilet these days is not actually that great for us and doesn't put things in an easy evacuation position. Many years ago, we used to squat to poo and in some cultures, they still do. To be honest, that is pretty much a perfect position.

**DON'T PANIC! WE ARE NOT ASKING YOU TO SQUAT AND POO IN A HOLE!**

But could you try to get a little step in your bathroom that goes under your feet to bring the knees a little higher?

You shouldn't have to strain just sit and relax and things should just slowly begin to work with little encouragement.

Try it and see!

### Lifting

We know you must lift sometimes so can't avoid this entirely but when you do lift, could you make some slight adjustments to your technique to help?

If you are one of our younger ladies with small children and a prolapse, we get it, you must lift the children here and there. If you have a toddler, make a game out of it.

You bend down and then you both count "1, 2, 3" and they jump up and you bring them the rest of the way.

Ladies who need to pick up something and no one else is there, could you perhaps, distribute the weight and

## HOW CAN I HELP MYSELF? CONTINUED...

take smaller loads?

Could you call on a neighbour?

If you do have to lift, then ensure you are bending your legs and tightening your tummy muscles.

Give it a try!

### **Posture!**

It's so simple, but great posture can really help

If you have a prolapse, any extra weight or pressure "down there" is not going to help.

So, by standing or sitting up tall you are distributing that pressure away from the abdominal cavity, take a little look at the video to see exactly what we mean.

The key is to find some time to practice this, nothing worth having is easy, you do have to do some work. So set yourself up to succeed by setting an alarm every hour to remind you to sit or stand tall whilst you are doing what you are doing, it works trust me, I am so conditioned now on my posture but even I have those old habits coming in and writing this I feel myself grow a couple of inches so I must have been slouching a little.

Perseverance is key, give it a go!



VIDEO  
CLICK TO WATCH

# WHO WE ARE

## ABOUT US



### LIZZIE DUGGAN

After working in fitness for 20 years, I noticed a severe lack of information for women with specific and specialised needs. This is exactly what we've worked hard to introduce with Complete Core Control and courses including "Fitter Floor and Core", "Beautiful Bumps" and "Mummy Rebuild". I LOVE helping women of all ages regain their confidence. We're building a tribe of stronger, happier, more confident women. Starting with you.



### SARAH ST JOHN

Following the birth of my first daughter in my early 30s, I had been a fitness instructor for about six years. I went back to teaching Bodycombat™ and Bodyjam™ just six weeks after her birth, not realising the damage I was doing to my body. If only I'd known then what I know now, my recovery would have been completely different. Our message is that it's never too late to rebuild and strengthen your body. We're here to help you every step of the way.

# WHAT NEXT?

START MAKING A DIFFERENCE TODAY



We hope this has helped get you started on your journey to solving this problem so please give it a go and start making a difference today. If you need more help then please get in touch and see if we can help.

We wanted to introduce you to our **Fitter Floor and Core Programme**. We have designed this to take all you have learnt and accelerate you to your results.

**With this guide, you are in possession of a tool that can get you some great results when implemented correctly.** But, unless you can develop and personalise them, it will only remain an under-utilised tool that sits in your tool box. A bit like having the keys to a gorgeous car but not knowing how to drive it.

So, if you would like to use these tools to their full potential, we want to show you how. Fitter Floor and Core is our in-depth, advanced training programme, where we dive deep into exactly how to do the exercises we recommend, show you more tools to accelerate your training step by step so you can reach your results quicker like the hundreds of other women we have helped.

**Discover more at [completecorecontrolandfitmummy.com](https://www.completecorecontrolandfitmummy.com) or simply click the picture above.**

**For a more personalised approach, Lizzie and Sarah offer Coaching online where you can access their expertise for your own personal requirements.**

**Please contact [info@completecorecontrol.com](mailto:info@completecorecontrol.com) for more information on personal coaching.**

