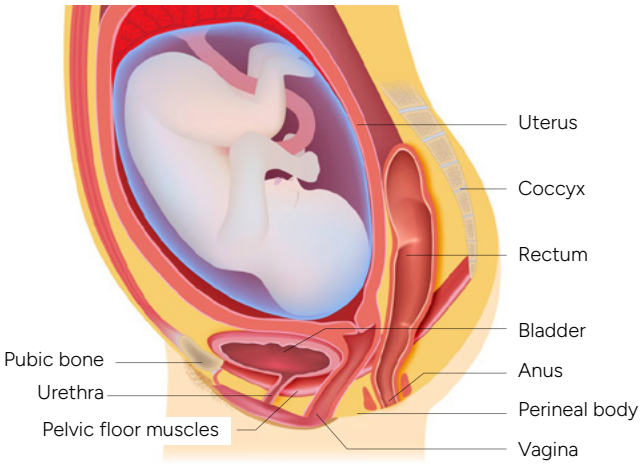
All About Birth

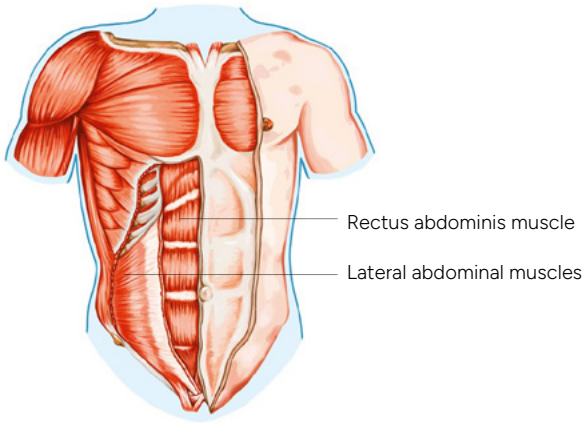
Pregnancy and childbirth put a lot of strain on the pelvic floor and abdominal muscles. During pregnancy, the abdomen grows, and the abdominal muscles must lengthen. The pelvic floor is stretched considerably, especially during childbirth. This is possible because of hormones that are released during pregnancy.

Anatomy and Function of the Pelvic Floor and Abdomen

The pelvic floor is a muscle about the size of a hand that forms the base of the pelvis. Its tasks include stabilizing the pelvic organs bladder, bowel and uterus, as well as controlling bowel movements and urine.

The abdominal muscles consist of four pairs of muscles, which lie symmetrically on both sides of the abdomen. The straight abdominal muscles, also known as rectus abdominis three muscles, lie next to the midline of the abdomen. The lateral abdominal muscles lie on top of each other to the side. In the deepest layer lies the transverse muscle, with the two oblique muscles diagonally on top. Together they are responsible for the shape, stability and mobility of the abdomen.





Problems During Pregnancy

Due to the lengthened muscles and the increased weight, urine loss or pain in the pelvis, abdomen or back often occur during pregnancy.

Problems After the Birth

The main problem after birth is the instability due to the stretched muscles. This can be manifested by loss of urine or stool, instability of the pelvic floor or abdomen (diastasis recti) and pain in the pelvis and pelvic floor area.

Pelvic Floor Physiotherapy

During pregnancy and after giving birth, the pelvic floor and abdominal muscles can be specifically trained to compensate for the effects of stretching. The pelvic floor physiotherapist knows suitable exercises for this.

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