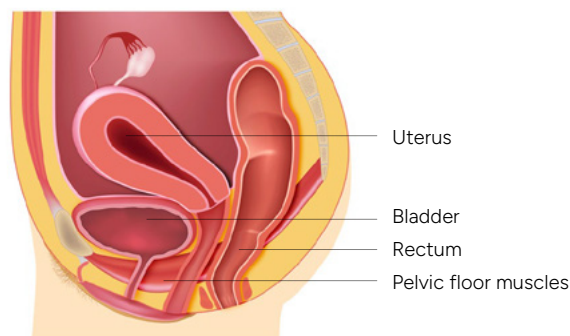


Organ Prolapse

(Cystocele, Rectocele, Uterine Prolapse)

Organ prolapse is the sinking of the pelvic organs; bladder, rectum or uterus into the vagina or out of the vaginal opening.

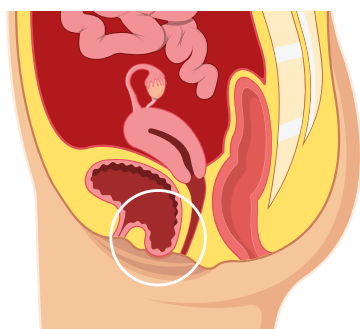
This downward displacement is called a cystocele when it affects the bladder, a rectocele when it involves the rectum, and uterine prolapse when it concerns the uterus. Normally, these organs are held in the pelvis by layers of connective tissue and the pelvic floor muscles.



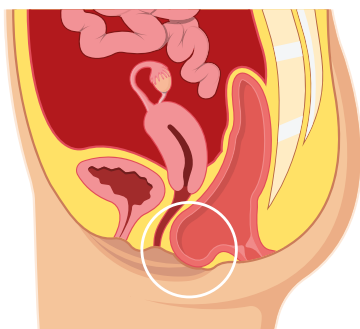
Normal positioning of the organs

Causes of Organ Prolapse

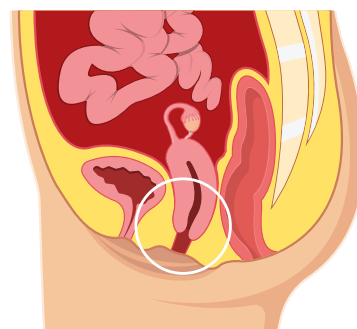
Organ prolapses are caused by an injury or weakening of the connective tissue as well as weakened pelvic floor muscles. Organ prolapses only occur in women, usually after heavy births or after menopause. Prolonged constipation and heavy physical exertion worsen prolapse.



Cystocele



Rectocele



Uterine prolapse

Pelvic Floor Physiotherapy

In the case of organ prolapse, pelvic floor physiotherapy involves targeted training of the entire pelvic floor. Strengthening the muscles is a process that requires daily practice and takes several months.

Behavioral strategies are used to relieve the pelvic floor and, if necessary, aids such as special tampons or pessaries are used.

