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although it is common to exercise many parts of the body to stay fit very little attention is
paid to exercising the pelvic floor perhaps we can prevent ending our lives in diapers if we
devote some time to keeping the pelvic floor muscles fit the authors pelvic floor disorders
affect some 200 million people worldwide and can cause debilitating symptoms in men
women and children for over 17 years fitness for the pelvic floor has been an essential
guide for physical therapists and patients alike with its practical approach to navigating
pelvic floor dysfunction the 2nd edition features new concepts for clinical applications by
renowned physical therapist beate carrière and significantly benefits from contributions
by co author dawn marie ickes an expert in integrative health and wellness who adds new
topics targeted at physical therapy students key highlights clinical pearls that aid
therapists in their evaluation of pelvic floor disorders anatomical and physiological
content as well as definitions of essential terminology easy to follow exercise routines that
focus on activating and or relaxing pelvic floor muscles over 50 instructive videos
depicting various breathing and corrective functional exercises that have proven to be the
most efficacious treatment methods for many patients this is an essential resource for
physical therapy professionals patients seeking to reduce or eliminate symptoms of
urinary urgency or pain in the lower abdomen and pelvic cavity as well as individuals
looking to improve their overall pelvic health

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