

## Pelvic Floor 101 Q&A

### **What was the name of the female lubricant?**

Mae by Damiva: <https://damiva.ca/products/mae-by-damiva>

### **What was the name of the product to prevent yeast infections, etc?**

During the lecture I spoke about Mae, listed above, as a way to help restore proper pH balance. Though it is not directly a treatment for yeast infection, it can have the result of relief from them depending on what is at the root of your symptoms. You should always speak with your doctor about these things first.

### **Can you walk us through the right way to do a kegel?**

In order to do kegels in a beneficial way, you need to have proprioception to the area and be able to first relax. When practicing contraction you want to ensure that the effort you use is not so much that tension begins to build so that you are unable to relax back to your resting state. You can contact me, or a pelvic floor physiotherapist for the most effective way for you as an individual to do these.

### **Could you provide a few exercises?**

I am not sure what this question specifically related to, but I am willing to share a couple of videos with hip function exercises to try.

### **Do we need a doctor's referral to get treatment?**

No, you do not need a referral to work with a pelvic floor physiotherapist or a movement therapist.

**If you shouldn't use soap to wash in the pelvic area what do you recommend?**

Any feminine washes that you purchase at Planet Organic or Community Natural Foods area likely to be good choices. You are looking for few ingredients and pH balance.

**What are your suggestions to prevent yeast infections?**

This is not my area of expertise. From personal experience, watching my sugar intake, doing pelvic floor relaxation and strengthening exercises, using Mae moisturizer and maintaining healthy stress levels have all be very helpful. I would recommend seeking counsel from a naturopathic doctor if you have chronic yeast infections.

**Are there exercises for prolapse or is surgery the only solution?**

Pelvic floor physiotherapy, movement therapy from someone trained in these matters and something called Hypopressive Method are all things that can bring support to the area and lessen the prolapse or prevent it from worsening. Always speak to a physician and/or pelvic floor physiotherapist about this and get recommendations.

**Other than yoga/movement therapy, is there any other treatment for painful intercourse?**

Everything we have discussed today can help with painful intercourse. Training the pelvic floor muscles and overall biomechanics, using a moisture/lubrication product, and calming the nervous system with mindfulness and meditation techniques can be highly effective. There are physicians trained in pelvic pain and you can ask your doctor for a referral.

**What other options are available for preventing yeast infections?  
Such as diet options, probiotics?**

See above

**What would you recommend to do when you are short of breath...  
can't breath profoundly?**

My answer would be different if this was an episodic experience vs chronic. If you are looking for a calming mindfulness practice to expand the breath when you are feeling anxious - the hand to the heart and solar plexus area while becoming aware of your breath and allowing it to become more full, we did this during the talk. If this is a chronic symptom, then releasing the fascia around your ribcage (side bends, rolling out chest and shoulder blades) and freeing up space for the diaphragm (varying techniques for this) will all allow better biomechanics for breathing well. A big piece of this is the state of your nervous system - how much time are you spending in stress vs rest and restore.

**Is pelvic floor pain during your menstrual cycle normal?**

Depending on the individual, yes it can be normal. If things are changing or symptoms are severe, it is a good idea to consult with a pelvic floor physiotherapist and/or your physician.