



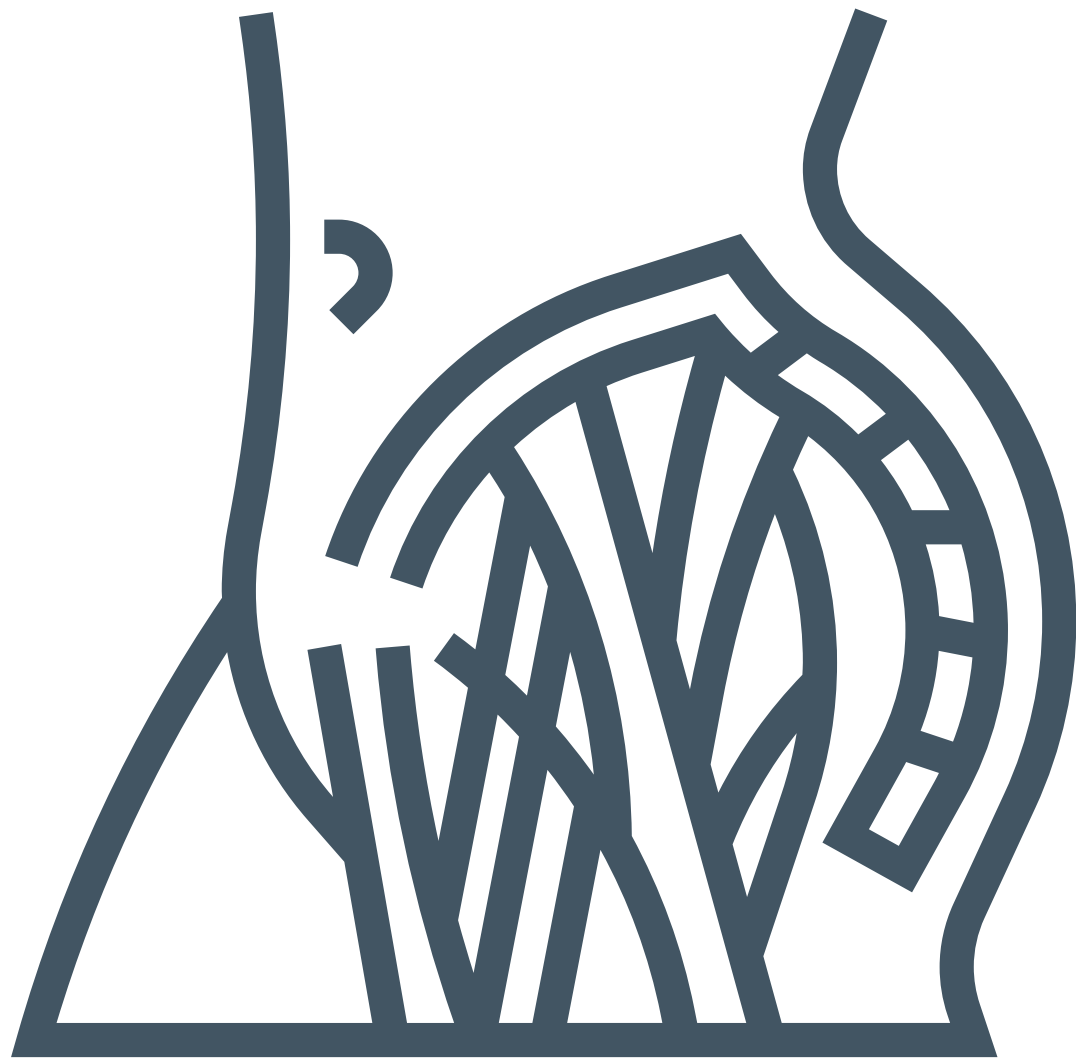
POSTURE, PAIN & PELVIC FLOOR

**MENOPAUSE**

*Practical strategies*

# Soft Tissue and Menopause

**Posture important all stages of life - don't get away with things like used to due to soft tissue changes**

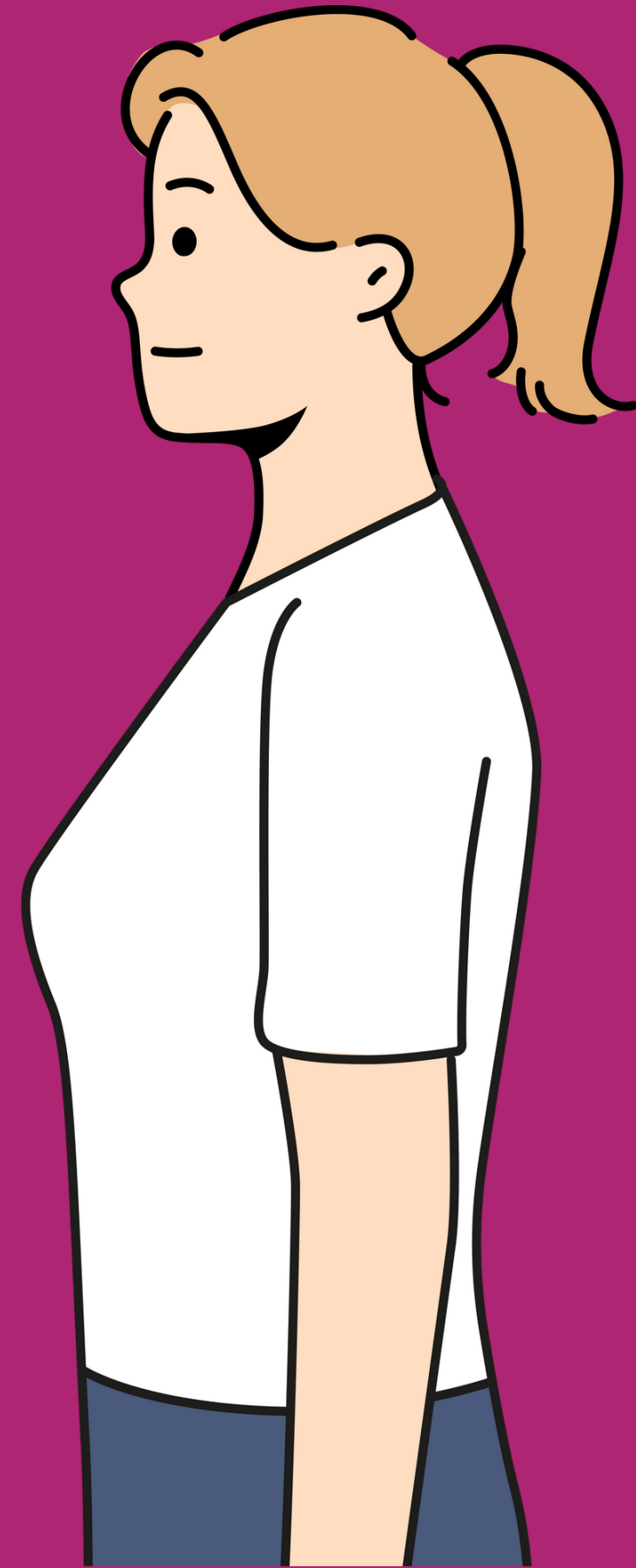


- » Much more susceptible to ST injury
- » Care of body, careful introduction new activity
- » Nothing fancy or dramatic, listen to body
- » Understand pain
- » Notice changes
- » Reversibility is harder and slower

# Posture

**Posture important all stages of life - don't get away with things like used to due to soft tissue changes**

- » Menopause key moment in our lives
- » Picture your aging friends/realtives
- » Poor posture over a lifetime
- » Osteoporosis
- » Gravity
- » Modern life- work, travel, past times, fitness



## Dowager's Hump Fix



30°  
40lbs



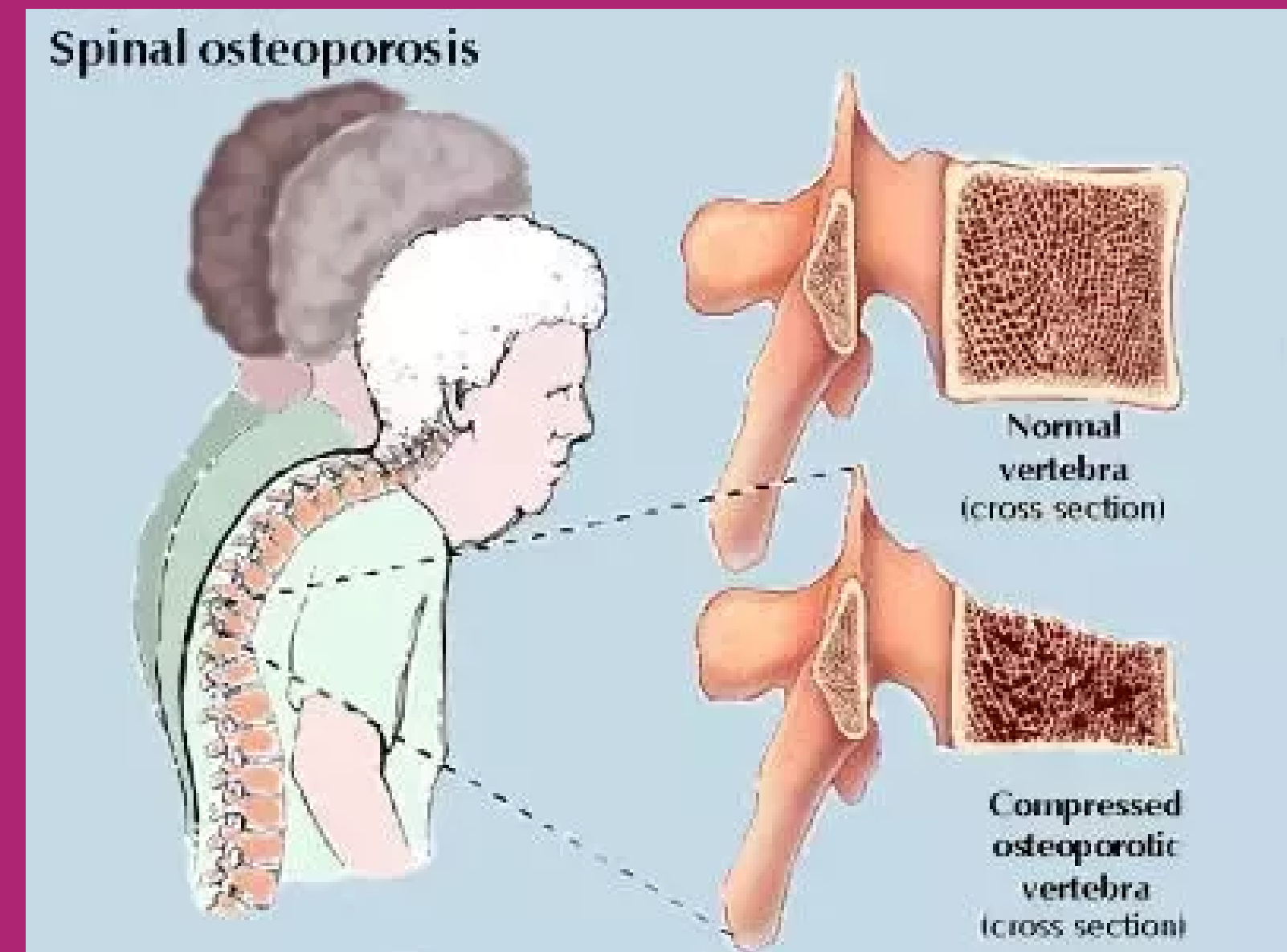
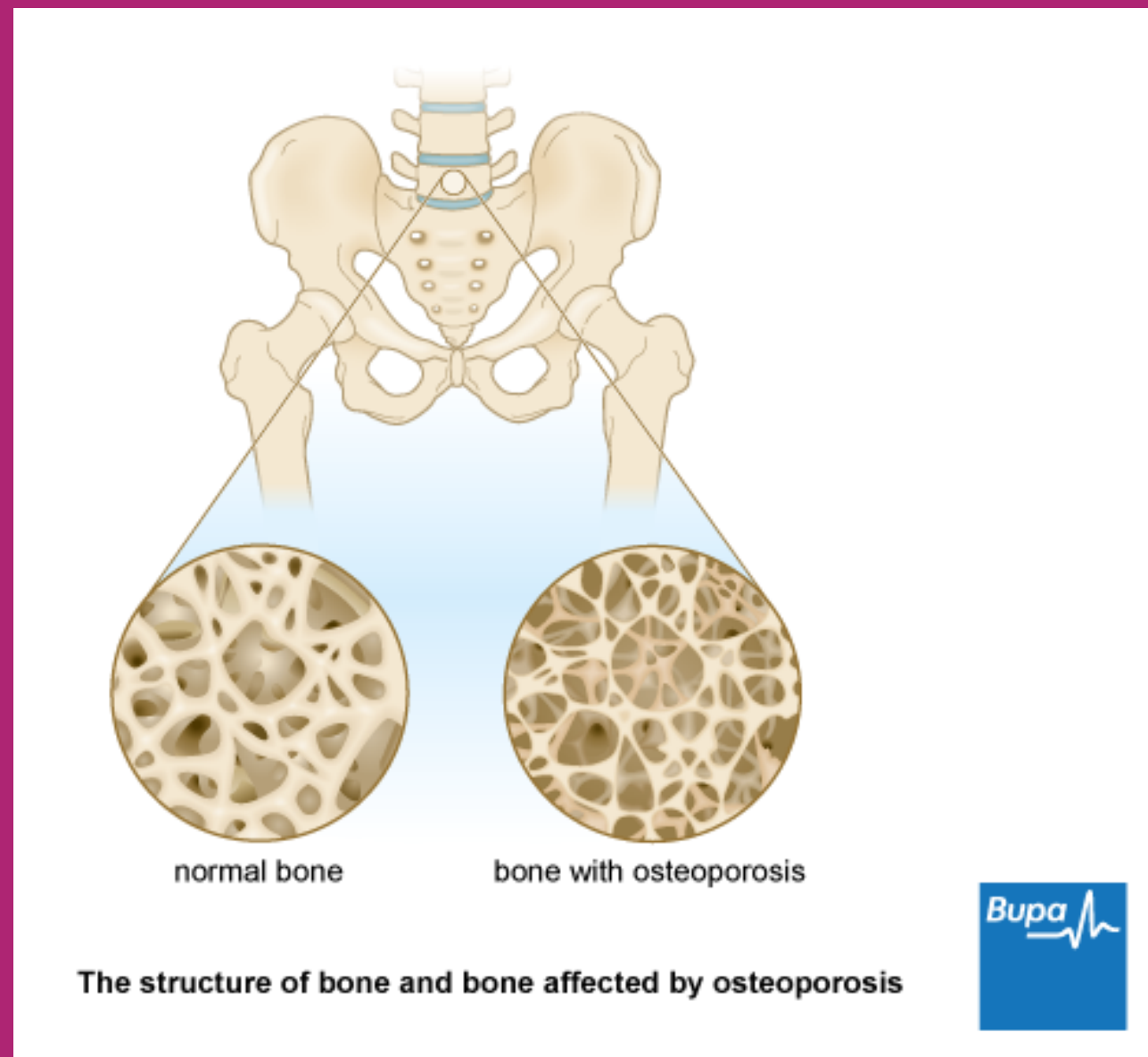
45°  
49lbs



60°  
60lbs



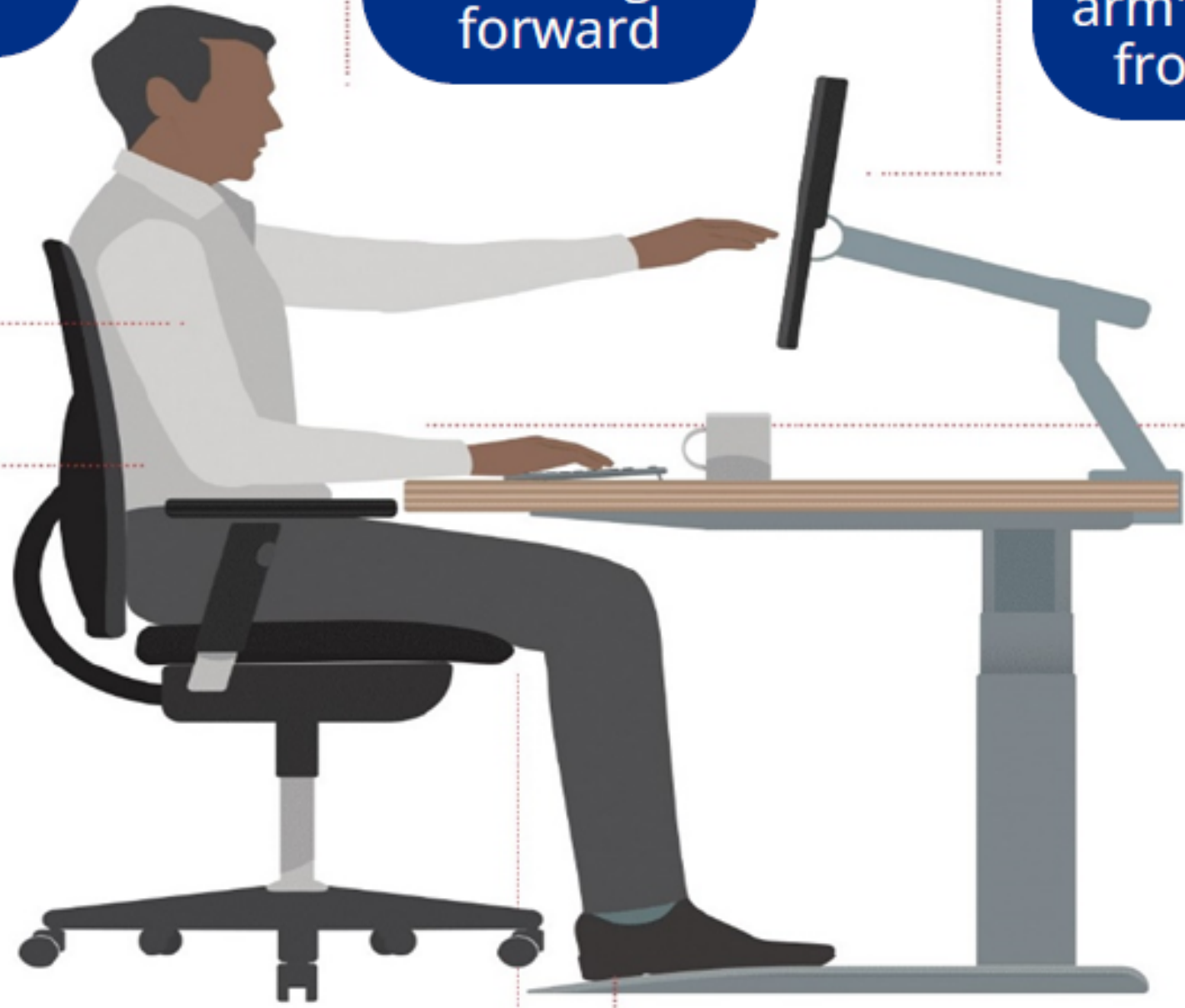
create results ✨ micro decisions  
thesimpleselfcarelifestyle.com



Arms relaxed  
by your side

Balanced  
head, not  
leaning  
forward

Screen  
approximately  
arm's length  
from you



Sit back in the  
chair to  
ensure good  
back support

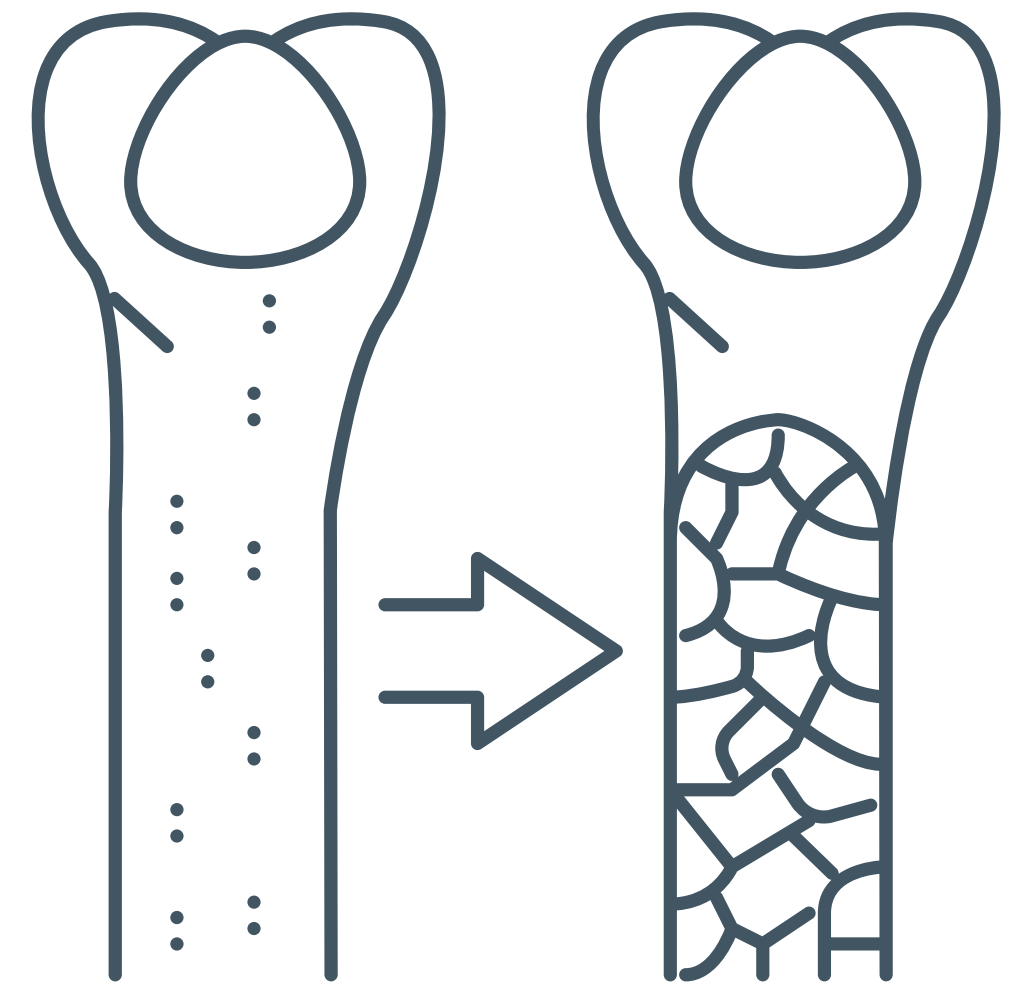
Space behind  
the knee

Feet flat on  
the floor/foot  
rest

Forearms  
parallel to  
desk

# Osteoporosis and Menopause

- » Maximum bone mass late 30s
- » Skeleton always being broken down and rebuilt
- » Osteoclasts vs osteoblast activity
- » Effect oestrogen
- » HRT affect
- » Daily activity and type
- » Diet
- » Vitamin D





# Pain and Menopause

**An unpleasant sensory & emotional experience associated with actual or potential tissue damage, or described in terms of such damage.**

- » Pain  $\neq$  damage
- » Levels of sensitivity
- » Pain stimulus needs interpretation
- » Tips for managing pain



# Exercises



Hold stretches for  
10-15 seconds



Lumbar flexion-bend  
forwards and touch  
your toes. Keep  
breathing normally.



Upper back extension-  
lift arms above head  
and lean over the back  
of your chair. Stick  
your chest out.



Spinal rotation-use  
your chair to rotate  
your body around the  
left and right.



Finger and forearm  
stretch, interlock  
fingers and stretch  
arms out in front of  
you.



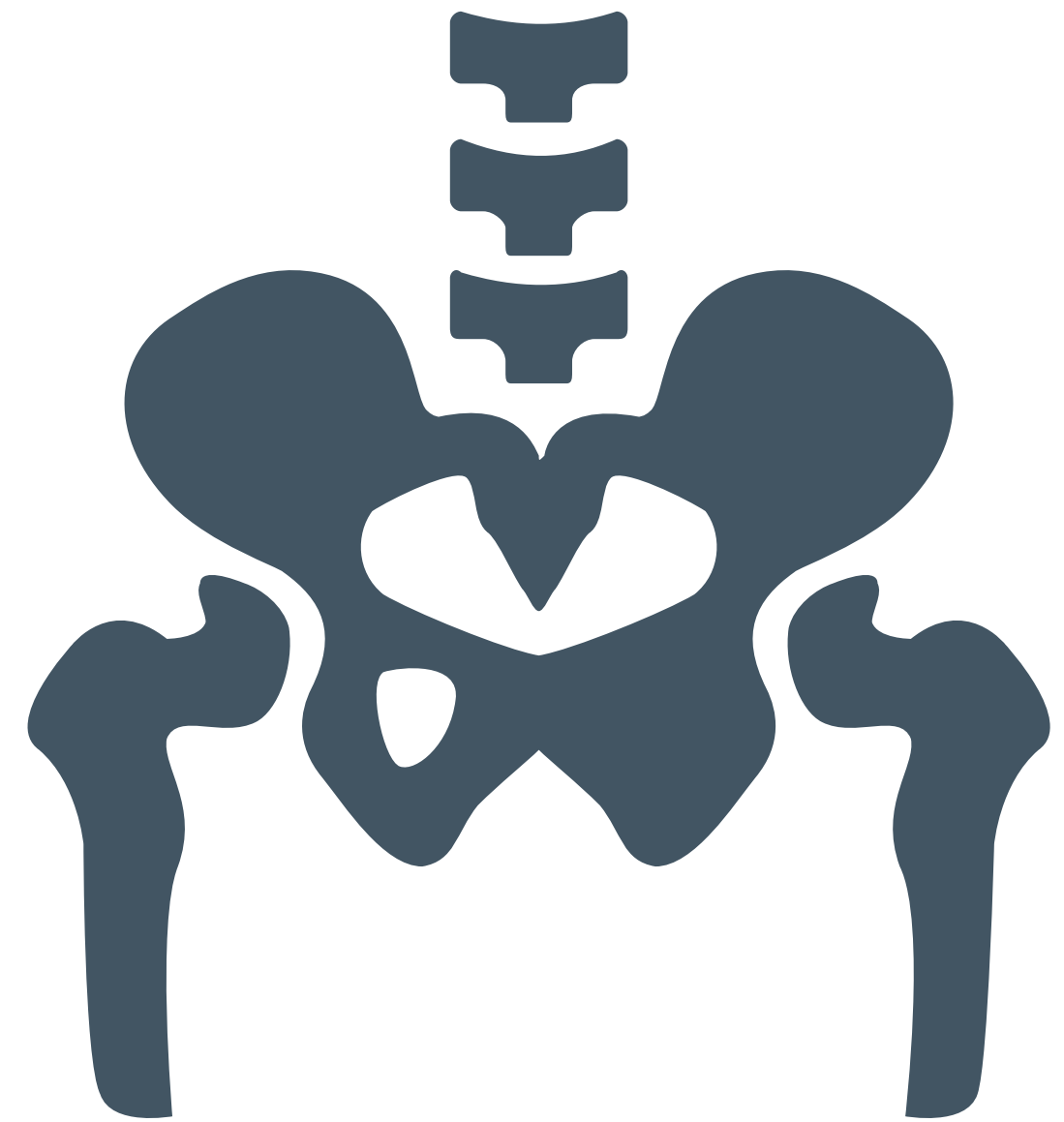
Forearm stretch.  
Gently stretch wrist  
downwards with arm  
outstretched.

# Pelvic Floor and Menopause

- » Supports bladder, bottom and vagina
- » Strengthening can help urinary incontinence, pelvic organ prolapse
- » To feel pelvic floor muscles imagine stopping weeing or farting
- » Try doing in sets of ten or less when starting
- » Do in different positions / situations

# Pelvic Floor and Menopause

- » Important throughout life
- » ST changes with menopause
- » Changes: prolapse, incontinence
- » Self help
- » Regular exercises
- » Part of routine
- » Apps, IG - #knowyourfloors



# Pelvic Floor and Menopause

- » **Long squeezes** - 10 seconds relax 5 seconds
  - » Set of ten repetitions
  - » **Short squeezes** - squeeze and hold 1 second
  - » Aim for set of 10 lift and let go contractions
- 
- » Ideal is 10 long and 10 short sets of exercises three times a day



## 600 Million People

Pelvic floor dysfunction is more common than you think. More than 600 million people worldwide suffer from the effects of pelvic floor muscle dysfunction.

But, you don't just have to live with it! Take control of your pelvic health now and start your journey with Squeezy.

Available for £2.99 on iPhone and Android.

[download squeezy](#)

**KNOW  
YOUR  
FLOORS**

### Know Your Floors

Know Your Floors is an educational channel all about the Pelvic Floor and other taboo subjects associated with pelvic health. Covering topics including...

 YouTube



Don't stop me now

Fast squeezes now 😊



Share

Watch on  YouTube

Daily #squeezealong



@knowyourfloors

Any questions?