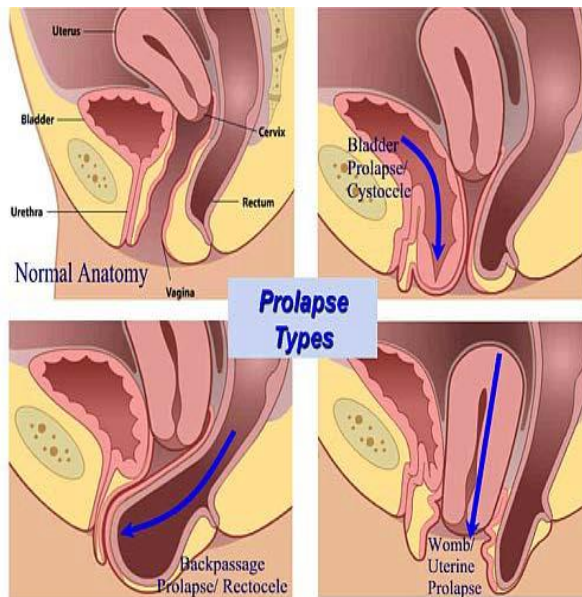
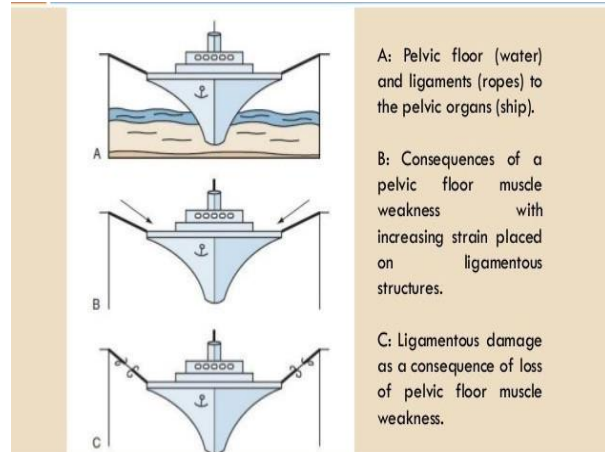


# Understanding Prolapse



Analogy demonstrating Support



**Prolapse refers to a descending or dropping of organs that create a bulge in the vagina.**

- Prolapse occurs in stages 1 thru 4, for which mostly only stages 1 or 2 do well with Pelvic Floor Therapy.
- Prolapse sometimes occurs after childbirth, menopause, or a hysterectomy. Further contributing factors are obesity, chronic long-term cough, or constipation.
- Some women notice nothing, while others report feeling pressure or fullness in the pelvic area, painful intercourse, bladder leakage, chronic urge, or constipation.
- Strengthening the pelvic floor muscle supports the pelvic organs to reduce the Prolapse, slow further dropping of the organs, and take the strain off the ligaments.

60-65% of pre-menopausal women are affected.

**80% of patients report significant improvement.**

**Empowering Women. Restoring Hope.**