

Strength Exercises Requiring Caution with Prolapse

Some strength exercises are more likely to increase pelvic floor loading and may need to be modified or avoided by some women with Prolapse related problems.

Strength exercises requiring caution include:

- Deep wide squats
- Deep forward or sideways lunges
- Dead lift with barbell
- Weighted leg press machine
- Triceps dips
- Full men's push ups
- Exercises supporting or lifting most of the body weight through the upper limbs
- Intense core abdominal exercises

Women with Prolapse often feel limited when it comes to safely progressing strength exercises. There are alternatives to increasing the load to progress strength exercises. The effectiveness of a strength training program ultimately depends on the amount of strength exercises performed, which is a combination of how often you exercise, how many exercises, intensity, and resting time. You may choose to:

- Increase repetitions
- Decrease rest time between sets
- Perform single arm upper body exercises
- Gradually increase resistance with small increments

Key Points for Abdominal Exercise and Prolapse

- The pelvic floor and abdominal muscles should work together in a balanced and coordinated way
- Core exercises most likely to overload the pelvic floor are intense upper abdominal strength exercises such as head and trunk raises, double leg raises, weight bearing through the upper limbs and abdominal resistance training equipment.

Fitness Exercises for Women

There are substantial health benefits gained by women who participate in regular aerobic fitness exercise. For women with prolapse, it is important to understand that high impact increases the load on the pelvic floor with landing. The greater the impact of landing or repeated landing impact, the greater the potential to overload or weaken the internal pelvic floor supports. The risk also increases with excess abdominal body fat, pelvic floor support and previous pelvic prolapse surgery.

Low impact exercises are when at least one foot remains in contact with the floor, or when the body weight is supported such as cycling or swimming.

Some examples include:

- Walking
- Hiking
- Cycling
- Low impact dance
- Low impact fitness classes

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