



LakeCityPT  
PHYSICAL THERAPY

# 3 MYTHS

*ABOUT THE*

# PELVIC FLOOR

S H E R E E   D I B I A S E   P T

# *Myth 1*

DO KEGELS AS  
OFTEN AS  
POSSIBLE

Kegels shouldn't be done as much as possible. Like all exercise, consistency and rest is what matters. Having a daily routine that increases in difficulty and rest time in between each session is what helps you reclaim your health.

# *Myth 2*

CORE  
EXERCISES ARE  
ENOUGH TO  
ENSURE PELVIC  
HEALTH

Pelvic floor muscles are their own group. To engage these muscles specific exercises are needed.

Physical therapists help teach you these exercises.

# *Myth 3*

## I'M TOO OLD FOR PELVIC FLOOR MUSCLE EXERCISES

Some people think "Pelvic floor muscle exercises won't work for me, I'm too old". This isn't true. Age doesn't matter when it comes to pelvic health physical therapy.

What we've found is older patients actually experience the greatest benefit from therapy.