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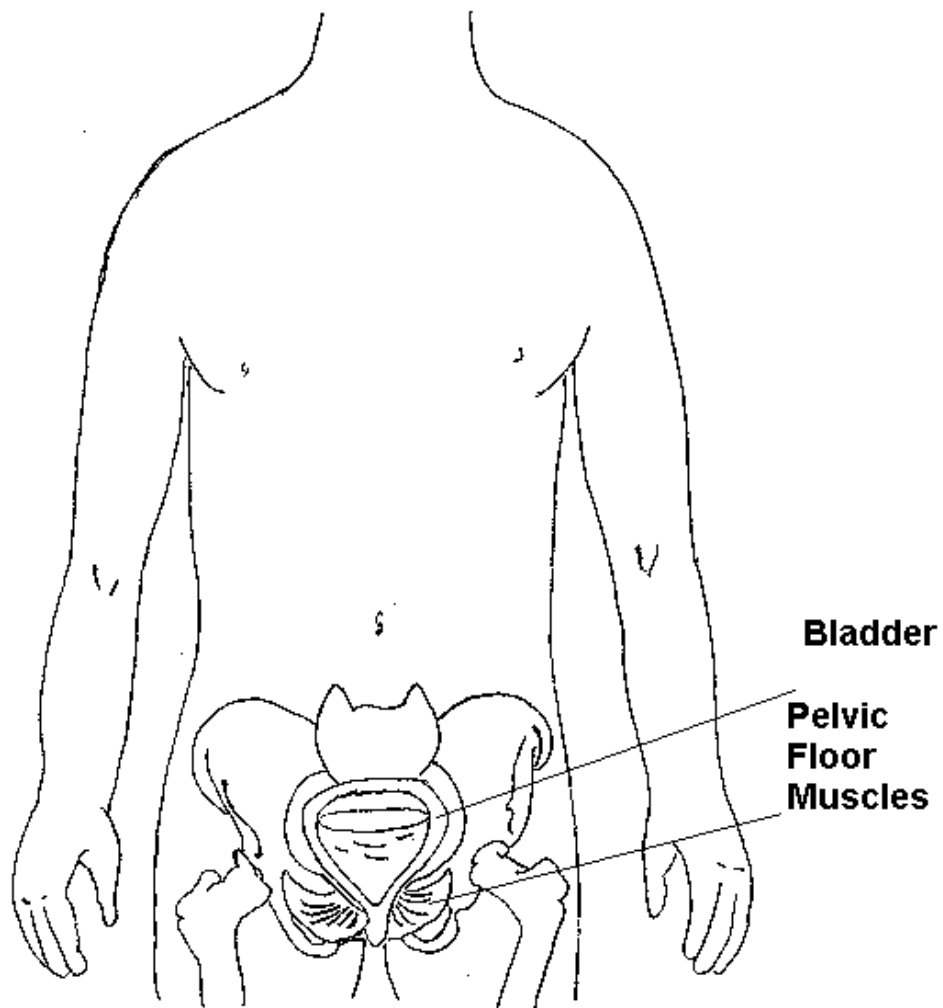
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THE PELVIC FLOOR MUSCLES

Where are they?

At the bottom of your pelvis where your urine and bowel movements come out is a group of muscles called your **pelvic floor muscles**. These muscles form a hammock or a sling between your pubic bone and your tailbone. The muscles have openings. One opening is for the urine (pee) to come out the bladder tube or urethra. Another opening is for the bowel movements (poop) to come out the rectum from the intestines.



How do muscles work?

Muscles tighten and get strong to lift or hold something and then they relax and let go when they don't need to hold anymore. It's important to feel the difference between muscles that are tight and firm and when they are relaxed and soft like butter. Try to feel this difference on your biceps muscle. Bend your elbow and feel the muscle tighten and get firm. Now drop your elbow to your side letting it straighten. Feel the biceps muscle get relaxed and soft like butter.

What is the job of the pelvic floor muscles?

When the pelvic floor muscles contract and get tight they shut off the openings and hold urine (pee) and bowel movements (poop) in. When the pelvic floor muscles relax and stay soft like butter, the bladder muscle squeezes and lets all the pee come out into the toilet.

