

## **Pelvic Floor Resources for Postpartum Women**

Having a baby can impact the function of your pelvic floor muscles. Whether you delivered your baby vaginally or had a caesarean section, being pregnant alone can change the function of your pelvic floor muscles.

### **To view the online education videos (developed by the Pelvic Floor Clinic in Calgary):**

- Type in search engine (Google) → AHS Pelvic Floor clinic → click on first link “Pelvic Floor Clinic Alberta Health Services → click on “Patient Education” tab → click on “Your Body After Baby” (under “Physiotherapy Education Modules” heading)

### **To search for pelvic floor physiotherapists in your area, visit:**

- [www.physiotherapyalberta.ca/physiotherapists/physiotherapist\\_listings](http://www.physiotherapyalberta.ca/physiotherapists/physiotherapist_listings)

### **Pelvic floor exercises in Healthy Parents, Healthy Children “Pregnancy and Birth” Book**

- Pages 40 - 42

### **Additional online resources:**

- [www.thepregnancycentre.com.au](http://www.thepregnancycentre.com.au)
- [www.canadiancontinence.ca](http://www.canadiancontinence.ca)
- [www.powderroom.ca](http://www.powderroom.ca)
- [www.peeingproblem.ca](http://www.peeingproblem.ca)
- [www.simonfoundation.org](http://www.simonfoundation.org)
- <http://www.pelvicfloorfirst.org.au/pages/returning-to-sport-or-exercise-after-the-birth.html>