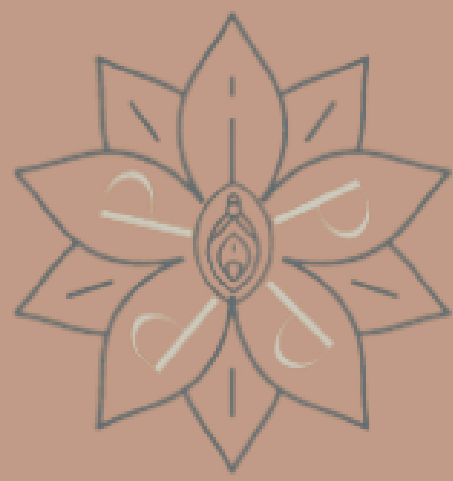


# 4 Ps of Prolapse Management



## POSTURE

Affects your ability to breathe effectively, can increase pressure on the pelvic floor which may increase symptoms.

## PREPARATION

Involves putting in the work to connect to your pelvic floor and deep abdominal muscles before resuming your exercise routine.

## PRESSURE

Manage pressure in the abdomen to reduce stress on the pelvic organs. Applies to breathing properly, using your exhales at the right time and avoiding breath holding.

## POSITIVE THINKING

Harder than it seems.  
More important than you think.