



STOP THE FALLING OUT FEELING

A Guide to Prolapse

About The Author Landy Peek



Landy Peek, a women's pelvic health pelvic occupational therapist who helps women heal physically and emotionally from birth so that they can feel good in their body and about their birth. She is part of the American Occupational Therapy Associations Women's Health Community of Practice, writes about prenatal and postpartum pelvic therapy on the AOTA Community Blog, and speaks at local community groups about prenatal and postpartum issues. Landy is a Certified Birth Healing Specialist through the Institute for Birth Healing.

But more importantly, Landy is a mom of two and has healed a prolapse. Why is this more important? Because having experienced a prolapse and healed a prolapse makes it easier to understand what you are going through. Understanding the discomfort, embarrassment, frustration and fear is a huge step in helping you face those same emotions.

Introduction

In this special report, 7 Tips to Stop the “Something’s Going to Fall Out Feeling.” A guide to heal your prolapse without surgery, I share with you 7 powerful principles and strategies you can make-work for you – some over time and others almost instantly.

They’re in no particular order, and they all have only one thing in common: They all work.

There’s a great saying that goes: Small hinges swing big doors. And it’s often the simplest advice that wins in the end. Truth is, without knowing you or your history intimately, I cannot tell you which of these will work best for you. And even if I did know the root cause of your prolapse, there are no guarantees that any one single strategy will work.

But, I’ve been able to narrow down what really does and doesn’t work when it comes to healing prolapse. And the 7 principles you’re about to read are included in that.

But imagine this ...how great it would be if you try just one of these “tips” every day...within a few weeks you could have all 7 of these incredibly powerful strategies for healing your prolapse, “in play” and working for you – giving you back the active and healthy lifestyle that you’ve lost, or are in danger of loosing.

So here’s my challenge to you ...now that you have this knowledge in your hands, take time every day to try out at least one of these 8 strategies. It really won’t take long and most of them won’t cost you anything but few minutes of your time.

I think you’ll be pleasantly surprised by how much better and healthier you will feel for doing so.

First of all prolapse is SO common! Really something like 50% of women experience prolapse symptoms!

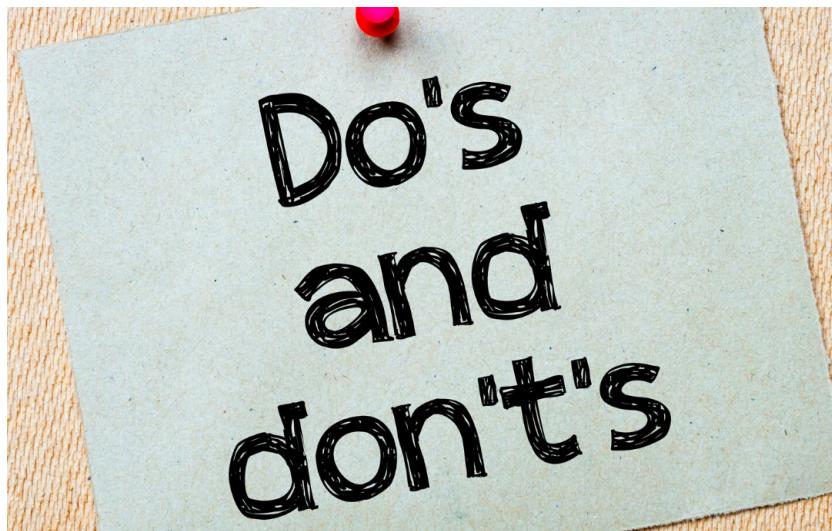
So what is prolapse? Prolapse is where your bladder, rectum, or uterus caves into your vaginal canal. It can give you a heavy feeling or the feeling like something is falling out of your vagina. It impacts your ability to exercise, go to the bathroom, and generally feel good about your body. There are different stages from just barely to completely out of your body. If you think you have a prolapse, but have not had an official diagnosis talk with your doctor or see a pelvic therapist. Knowledge is power and knowing what kind of prolapse and the severity can help you with a plan to heal.

Did I mention I had a prolapse postpartum with my second baby? Yep. I know that awful feeling like my insides are going to fall out. I have felt the embarrassment seeking help. My first doctor said to me “that only happens to old ladies.” Crushed I thought I would never be active again. At the time I was literally walking around my house with my hand on my crotch trying to hold everything in. I had been told never lift, run, jump, or do anything that could make the prolapse worse. I was told I couldn’t lift my two year old. I cried a lot.

I came to a point I decided I was not giving in and I learned to heal myself. It took time, effort, and honestly 4 pelvic therapists, but years later I no longer have prolapse symptoms and am back to lifting weights, running, and doing whatever else I want. You can get there too. Don’t give up yet.

At this moment, it seems like you will never be able to run and play with your kids or do any of the things you love to do. But you will. It will take some work on your part and time, but you can heal.

Right now you need some tips to help decrease the symptoms and then start your healing journey.



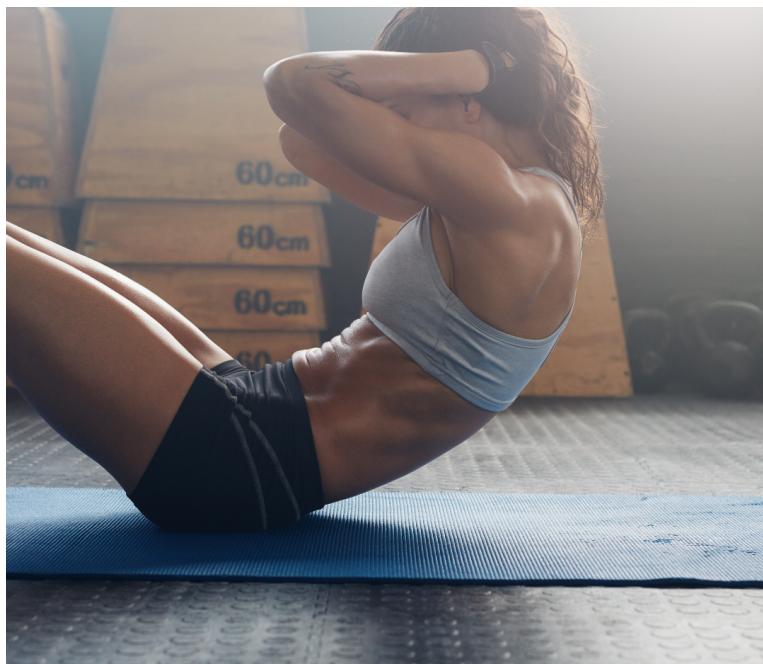
First let's talk about what to avoid so you do not make your prolapse worse. Yes, it can and will get worse if you just ignore it. I lived the never do this life and I won't make you go down that road. Prolapse is not the end of the world I promise. There are things that can make your symptoms worse and those are the things to avoid right now. Not forever. Just while you heal.

1. Avoid Anything That Makes Your Symptoms Worse

This may sound obvious but be aware of when your symptoms feel worse. Do your symptoms feel worse with walking, prolonged standing, squatting? Some things will make your symptoms worse and others won't. This could also be doing laundry, slumping on the couch or prolonged sitting. This will be different for everyone. Avoid anything that makes YOUR symptoms worse. There are no "bad" activities there are only activities that make YOUR symptoms worse. Being aware of what makes your symptoms worse is key to keeping your life feeling as normal as possible.

Now this is just until you heal. I promise you can get you back to your favorite activities with good self care and therapy. But for now if it makes it worse do not do it!

2. Crunch with Caution



Crunch with caution! Why? Crunches create intra-abdominal pressure. Imagine a balloon, if you squeeze it in the middle the increased pressure bulges the ends, right?

That's your prolapse. It starts bulging into the vaginal canal with increased pressure. Now if you learn to control the pressure you have more control over your prolapse symptoms! Don't worry we will cover how a little later.

What is a crunch? Well there is the crunch you do at the gym, but that same movement we do throughout our day. We "crunch" when we slump, jack knife out of bed, and many other times in the day. So no crunches at the gym, limit sitting slumped, catapulting yourself out of bed, slouching on the couch and giving yourself a heave-ho up.

Limit means 90% of the time avoid crunch positions. Crunch positions increase downward pressure which can increase your prolapse symptoms. But life happens, so if 10% of the time you just need to slump on the couch in the evening it's ok. Just try your best.

So how do you avoid crunches? In bed try rolling to your side then pushing up and same for getting in bed lay on your side then roll to your back. When sitting on the couch prop yourself up with pillows behind your back or against the arm rest so you don't slump or lie on the couch to watch tv. Now remember 90% avoid crunching and 10% relax and live. It's ok. It really is.

Okay, so we've covered a couple of things to avoid.

How about some tips to help decrease the symptoms and help you start healing?



3. Let Gravity Help

Gravity can be your friend or enemy with prolapse. A quick way to relieve your symptoms throughout the day is to lay with your hips propped up on a pillow. Just that little bit of gravity can help your organs move back up and in. It can really help. Spend 5 or 10 minutes or until your symptoms are better laying with your hips up. Now this will not heal your prolapse, but it can make your symptoms feel better. You can sneak this in throughout the day if you need to.

4. Use Proper Potty Posture

We have to talk about your potty posture or how you sit on the toilet.

Avoid prolonged sitting on the toilet (not like you ever get time to relax on the toilet anyway...it seems only husbands get to relax on the toilet). Prolonged sitting increases pressure.



Do not push or strain to have a bowel movement again this is a lot of pressure. When on the toilet put your feet on a stool so you are in a more squatted position. This helps open the sphincters to help the poop slide on out. You want easy poops.

Relax and try to breath out your poop. An open relaxed mouth helps open up down there and relax your sphincters. Take some nice big breathes and exhale with your mouth opened. Soft poops are easier to pass. Make sure to drink plenty of water and eat some poop friendly foods like prunes and pears.

Now what if it feels like more than just poop is going to come out? It's something no one wants to talk about, but sometimes it feels like your insides will come out too. And sometimes it feels like to poop is stuck and can't come out. You can do a quick trick called splinting. You insert your finger in to your vagina to brace your rectum which will decrease the feeling that everything will just come out and aid in getting stool out. Gloves are helpful with this technique.

5. Posture, Posture, Posture



Posture is key to helping with prolapse. You want to make sure you have a neutral pelvis. You do not want to tuck your tail or tip your pelvis forward, but instead feel that middle position. So what is that?

Put your hands on your hips with your pointer fingers out. Do your fingers point straight out? Do they point down or up? The goal is straight. If you are having trouble figuring out if you are in a neutral position a trained pelvic therapist can help you feel what neutral is in your body. This neutral position gives your pelvic organs a natural shelf to sit on lessening the pressure put on your vaginal wall and lessening your symptoms.

6. Walk With Confidence

The way you walk can also help decrease your symptoms and start strengthening your muscles. Start by standing with the outsides of your feet parallel. Try it! Now do duck feet or ballerina feet and then back to outsides of your feet parallel.



What feels different?

Can you feel your inner thighs start to work?

Just changing the way you stand will help you find your neutral pelvis and support your pelvic floor. Now we are going to take this a step further. Walk by pushing off with your back foot with each step instead of pulling with your front foot. You should feel the muscles in your tush start to wake up and start working. Focus on walking like this pushing with your back leg feeling you're glutes every step. It feels awkward at first, but once you get the hang of it you won't go back to your old way of walking.



7. Exhale Before You Lift

This is an important one. Your body actually works like a piston just like a machine. Your respiratory diaphragm and pelvic floor should work together. As you inhale your diaphragm moves down to allow air to fill your lungs. As it moves down it pushes your tummy contents down into your pelvic floor. Now your pelvic floor should move down too to maintain the pressure in your belly. As you exhale everything should move up. Inhale down, Exhale up.

BUT if you have a tight pelvic floor (many women do) your pelvic floor may stay put and increase the pressure. Pressure has to go somewhere... hello prolapse also leaks. Another thing that happens is the pelvic floor moves opposite the respiratory diaphragm. The pelvic floor goes up as the diaphragm goes down. This really increases the pressure.

Regulating your pressure is huge in healing.

Cough. What does your pelvic floor do? Does it go up or down? It should go up. If it doesn't it just means you have to some work to do. You can get there. Your body is amazing, adaptive, and resilient.

Now inhale. Can you feel your pelvic floor lower? If you can't visualize it lowering. Athletes use visualization all the time. You can too! See your pelvic floor like an elevator. Inhale lower to the basement.

Exhale. Gently lift your pelvic floor to second floor. Can't feel it? Visualize it.

Now 10 breaths a day. Inhale lower. Exhale lift. If you are struggling a pelvic therapist can help.

Now why is this important? Because a cough, laugh, and sneeze are all forced exhales and they all increase downward pressure.

You want to make sure to exhale or blow out right before you lift, pull or push. Blow out like you are blowing out a candle. When you exhale your body naturally engages your Transverse Abdominis (deep stabilizer muscle) and your pelvic floor.

Exhale before you pick up your baby or toddler. Exhale before you lift the groceries out of the car. Exhale before you push the couch out of the way to vacuum. Exhale, exhale, exhale.

This will help retrain your brain and body to protect your pelvic floor, cue your muscles to engage again, and make sure your intra-abdominal pressure doesn't cause excess pressure on your pelvic floor. Holding your breath when you lift (which we all do at times) increases that intra-abdominal which can make your prolapse symptoms worse.

Bonus Tip: Finding the Right Pelvic Therapist

You biggest step towards healing will be seeing a specialist. A pelvic therapist is trained to tailor therapy to your body and situation. Your therapist can teach you advanced breathing techniques to help bring the organs back up and in, assess your pelvic floor strength and muscle co-ordination, teach you ways to still do all your daily activities so your symptoms don't feel worse.

Find a pelvic therapist trained to assess prolapse in standing. Why in standing? What position do you feel the most symptoms? Standing! Lying on your back gravity can pull the prolapse back in and decrease the likelihood the severity of the prolapse, but as soon as you are standing again the symptoms are back.

A good pelvic therapist will explain everything to you and get your consent each step of the way. You should feel comfortable and at ease with your therapist. You need to be comfortable talking with your therapist about uncomfortable topics like sex and difficulty pooping. The more comfortable and open you are with your therapist the better your therapist can help you. When looking for a therapist you should find someone with advanced training in pelvic therapy. It is your body and your healing so ask the questions that you need to feel comfortable. If you do not feel like you have a good match find someone new. You are in charge of your healing journey.

Conclusion

So, there you have it: 7 strategies (plus a bonus tip) that you can do TODAY to improve your posture, general health, as well as start healing your prolapse. There's obviously so much you can do too, and I could go much more in-depth on ways to help you heal your prolapse than the principles I've given you here, but these fundamentals, if you apply them daily, will make a huge difference to the quality of your life.

I am here to support you. Please reach out with questions. I demonstrate many of these techniques in video on my YouTube channel. I am also happy to talk about your struggles and help you problem solve solutions that truly help. I hope this is the beginning of a great, long-term relationship to help you heal and make a real difference to your life.

Warmest Wishes in Health,

Landy

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Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our practice. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow therapist advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from a pelvic therapist. We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.