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web functions as the floor of the pelvic cavity these muscles have important roles to play in the correct functioning of the pelvic and abdominal viscera the roles of the pelvic floor

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web on completion of pelvic floor more you will be able to screening considerations for pelvic floor dysfunction within your subjective history taking review the role of the

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web inhale deeply and as you exhale press into your forearm and lift your hips into the air while opening the top leg up to the ceiling like a book without letting your heels separate

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web the 5 s s of pelvic floor function the five s s is a mnemonic encompassing the five major functions of the pelvic floor support sling of muscles fascia and ligaments

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