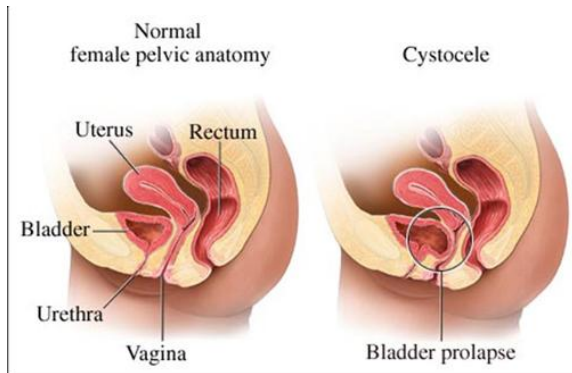


# Prolapse

Types of prolapse:

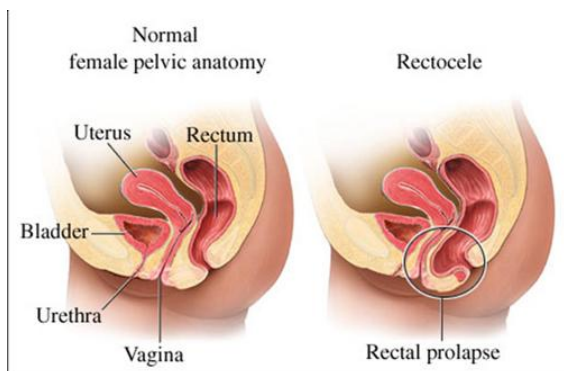
## Bladder Prolapse (anterior - front)



A prolapse is where support of the organs (Bladder, uterus and rectum) in your pelvic region has been lost and resulted in descent of these structures. Depending on the extent of the prolapse, you may experience:

- A heaviness or dragging sensation through your vagina
- A lump in the vagina
- Decreased sensation or pain during sexual intercourse
- Difficulty in emptying your bowel or bladder
- Recurrent urinary tract infections
- Increased symptoms in upright or standing positions

## Lower Bowel Prolapse (posterior - back)



### Some causes of prolapse are:

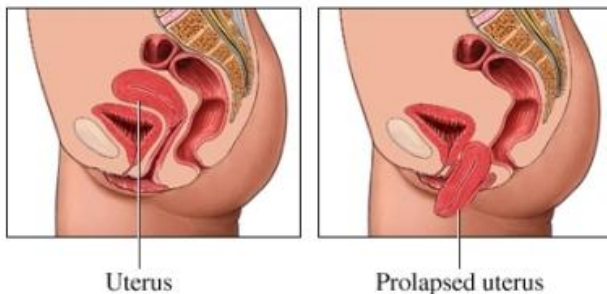
- Childbirth/pregnancy – stretching/damage to the ligaments and pelvic floor muscles
- Chronic cough – prolonged increased abdominal pressure
- Repetitive heavy lifting over time
- Chronic constipation and straining

### What can be done:

#### The conservative approach

- Pelvic floor training – discuss this with your physiotherapist
- Making lifestyle changes to minimise aggravating and contributing factors to your prolapse
- Ensuring good bowel and bladder habits
- Using a pessary (a synthetic device that inserts into the vagina to provide support for the pelvic organs)

## Uterus Prolapse (uterine prolapse)



## **Surgery**

- Generally considered when the conservative approach fails
- Surgery involves the repair of the damaged soft tissue structures that support the pelvic organs.
- A surgical mesh is often used to add support to the tissues and the surgery is often performed through the vagina

## **Lifestyle changes**

- No heavy lifting or pushing or pulling.
- Look after your bowel – try not to get constipated.
- Eat plenty of fruit and vegetables and 1&1/2 to 2 litres of fluid a day.
- Try to have an afternoon rest (where you can lie down).
- Alternate sitting and standing activities throughout the day, where possible.
- Tighten and brace the pelvic floor prior to any stress (i.e. cough, sneeze, lifting or laughing)
- Wearing supportive underwear or bike pants can sometimes help.
- Sex may become uncomfortable so adjust your position to relieve any discomfort.
- Doing pelvic floor exercises will help to support a prolapse. It may reduce symptoms and the degree of the prolapse but it will not fix the problem.

**If you are experiencing any of the above symptoms or have any concerns, contact our women's health physiotherapists at:**

<i>Hoppers Crossing:</i>	333 Old Geelong Rd,	9369 4999
<i>Altona North:</i>	Bayfit Leisure Centre, Crn Mason and Mills Street	9392 2288
<i>Taylor's Lakes:</i>	Medical One Medical Centre, Cnr Sunshine Ave & Keilor Melton Hwy	9390 8488