

# ATHLETE PELVIC FLOOR HEALTH DO YOU EXPERIENCE:



**DRAGGING,  
BULGING OR HEAVINESS  
IN THE VAGINA?**



**PAIN IN THE PELVIC  
REGION OR PAIN  
DURING SEXUAL  
INTERCOURSE?**



**LOSING CONTROL  
OF WIND OR BOWEL  
MOTIONS?**



**LEAKING URINE IN  
TRAINING OR  
COMPETITION?**

or with coughing, laughing,  
sneezing or due to a strong urge?

**NEEDING TO RUSH  
TO THE TOILET?**

**CONSTANT NEED  
TO URINATE?**



**You may have a pelvic floor disorder**  
Pelvic floor disorders are incredibly common  
in all age groups, however they are not  
normal. There are treatment strategies that  
might assist you with your symptoms, which  
include pelvic floor muscle training. Speak to  
your medical practitioner or physiotherapist  
to find where to get help, or learn more  
on our education module.



**FEMALE PERFORMANCE  
& HEALTH INITIATIVE**

For further information visit:  
[www.ais.gov.au/fphi](http://www.ais.gov.au/fphi)



**MONASH  
University**

