

7 Signs of Pelvic Floor Dysfunction

Your pelvic floor muscles support the bladder, bowel and reproductive organs. When these muscles become weakened, strained or uncoordinated, they can affect daily comfort, confidence and quality of life.

BLADDER LEAKAGE

Leaks when coughing, sneezing, laughing or exercising.



FREQUENT OR URGENT URINATION

Feeling the need to use the bathroom often or struggling to "hold it".



DIFFICULTY EMPTYING THE BLADDER

A sensation that your bladder never fully empties.



CONSTIPATION/BOWEL DIFFICULTIES

Straining, incomplete bowel movements or difficulty coordinating bowel function.



PELVIC PRESSURE OR HEAVINESS

A feeling of fullness, pressure or "something falling" in the pelvic area.



PAIN DURING INTIMACY

Pain or discomfort during sexual activity.



BULGING OR PROTRUDING TISSUE

A noticeable bulge in or around the vaginal area.



Sources: National Institute of Child Health and Human Development (NICHD), American College of Obstetricians and Gynecologists (ACOG), Cleveland Clinic, NewYork-Presbyterian

Many women assume these symptoms are a normal part of aging, pregnancy or childbirth. While common, they are not necessarily normal and effective treatment options are available. If symptoms are affecting your daily life, talk with your healthcare provider.

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