

A Simple Guide to Managing Pelvic Organ Prolapse

First—You're Not Alone

Pelvic organ prolapse (POP) is common, especially during pregnancy, postpartum, and with aging. Many people are told to “wait and see” or assume symptoms are something they just have to live with—but there are effective, conservative ways to manage prolapse and improve daily comfort.

What Is Pelvic Organ Prolapse?

Prolapse occurs when one or more of the vaginal or rectal walls supporting the pelvic organs (bladder, uterus, rectum) descend and create a sensation of:

- Heaviness or pressure in the pelvis
- A bulge or fullness in the vagina
- Symptoms that worsen by the end of the day or with prolonged standing

Prolapse severity and symptoms vary—and symptoms don't always match the stage.

5 Everyday Strategies to Reduce Symptoms

1. Improve Your Breathing

Your breath directly affects pressure on your pelvic floor.

- Avoid breath-holding during movement
- Exhale during effort (lifting, standing up, exercising)
- Practice slow nasal breathing to reduce downward pressure

Quick tip: If you notice symptoms increase during stress, breathing may help reduce this.

2. Rethink Core Engagement

More tightening is not always better.

- Avoid constant clenching of your pelvic floor or abs
- Focus on coordinated movement between your diaphragm, core, and pelvic floor
- Think “support, not squeeze”

3. Modify Daily Activities

Small changes can make a big difference:

- Sit to get dressed instead of standing on one leg
- Avoid prolonged standing without breaks
- Use proper support when lifting children or objects

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4. Optimize Bowel Habits

Straining increases prolapse symptoms.

- Don't push or hold your breath on the toilet
- Elevate your feet on a stool
- Respond to urges—don't delay

5. Choose Symptom-Friendly Positions

If symptoms worsen during the day:

- Rest in side-lying or supported child's pose
- Elevate hips slightly when resting

Common Myths

- "Prolapse means surgery." → Many people manage symptoms conservatively.
- "I should do Kegels all the time." → Not always appropriate and sometimes unhelpful.
- "Exercise will make it worse." → The right exercises and doing exercise correctly can improve symptoms.

When to Seek Pelvic Health Physiotherapy

You may benefit from individualized care if you:

- Feel unsure how to exercise safely
- Have symptoms that interfere with daily life
- Are pregnant or postpartum
- Want to prevent symptoms from worsening

A pelvic health physiotherapist can assess how your body manages pressure and movement—and guide you toward a personalized plan.

Ready for Personal Guidance?

This guide is a starting point—but prolapse management is not one-size-fits-all.

A one-on-one pelvic health assessment can help you:

- Understand your specific prolapse
- Learn how to move with confidence
- Reduce symptoms and protect your pelvic floor long-term

Book an appointment at [Liron Kvaterman Physiotherapy](#).

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