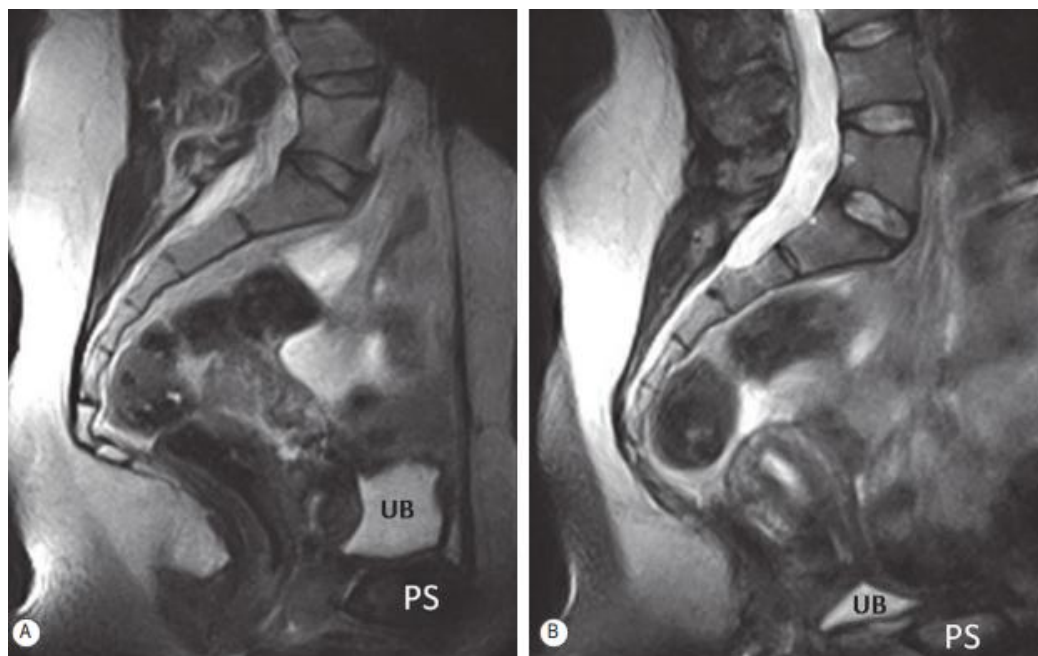
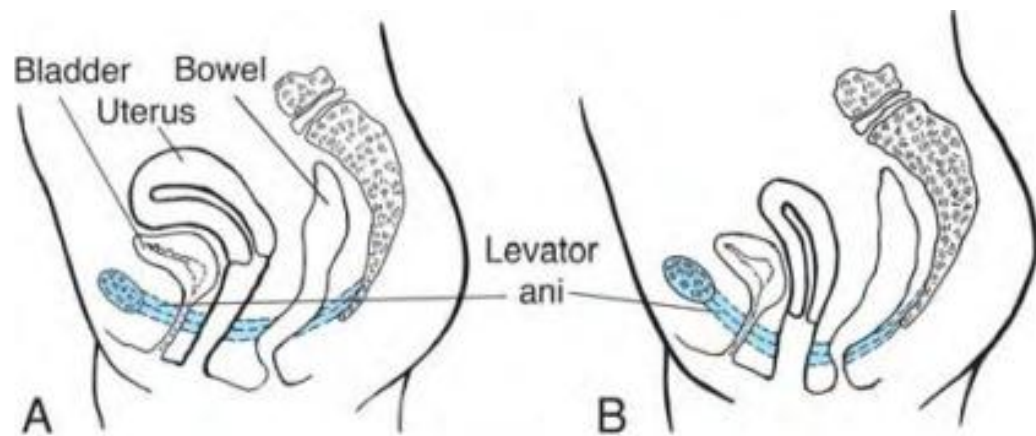


产后盆底功能障碍

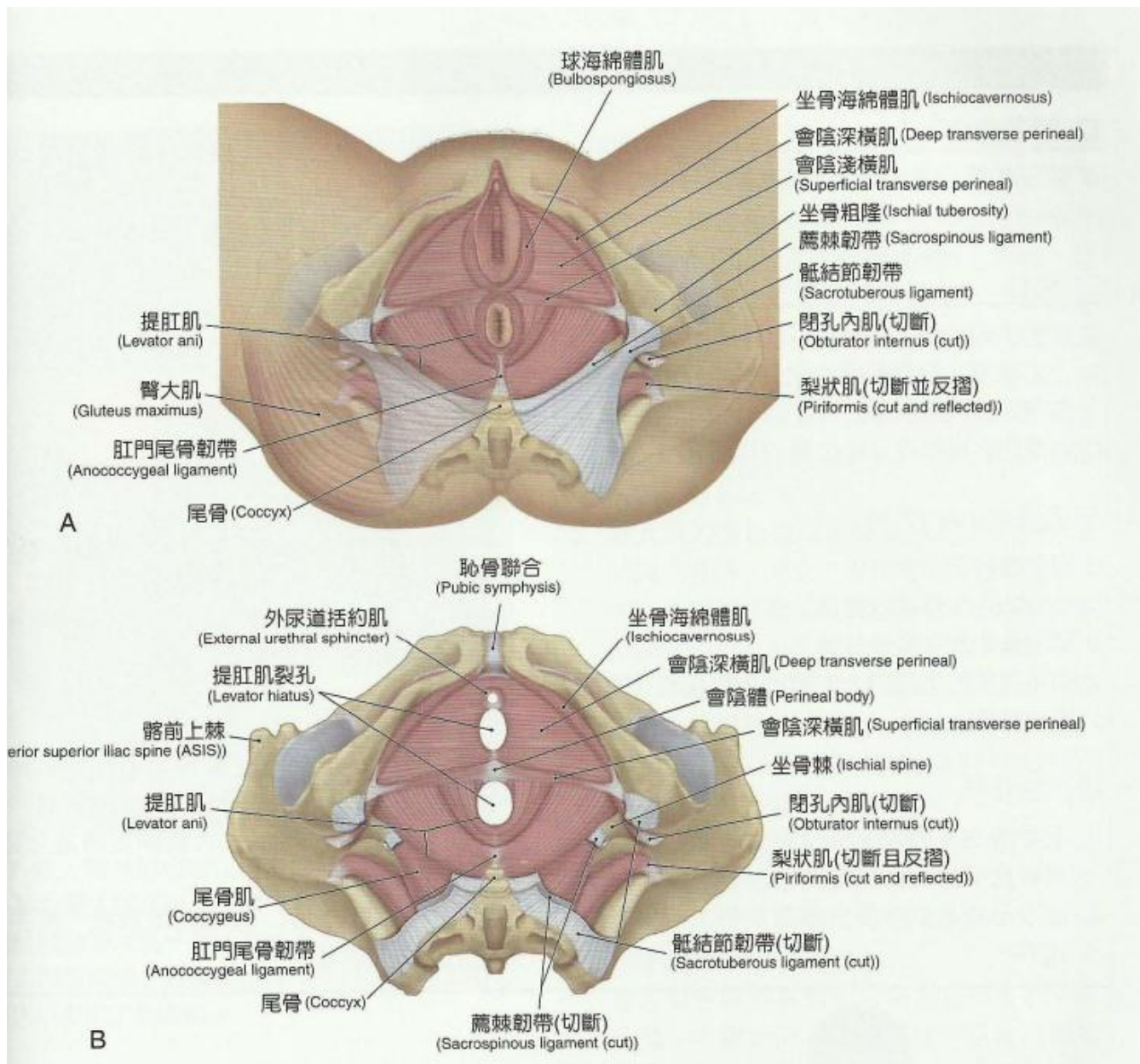
沈亚 PT

盆底功能障碍

- 1、盆底肌无力：
 - 盆腔脏器脱垂
 - 尿或者大便失禁
 - 盆腔疼痛
- 2、盆底肌过紧：
 - 便秘及排尿障碍
 - 性交痛
 - 经痛
 - 骶尾关节疼痛



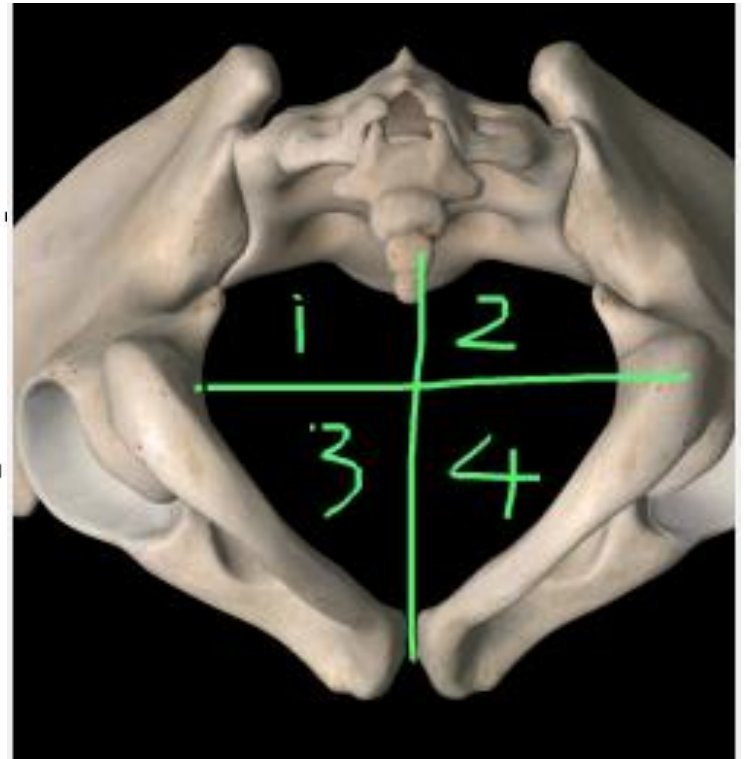
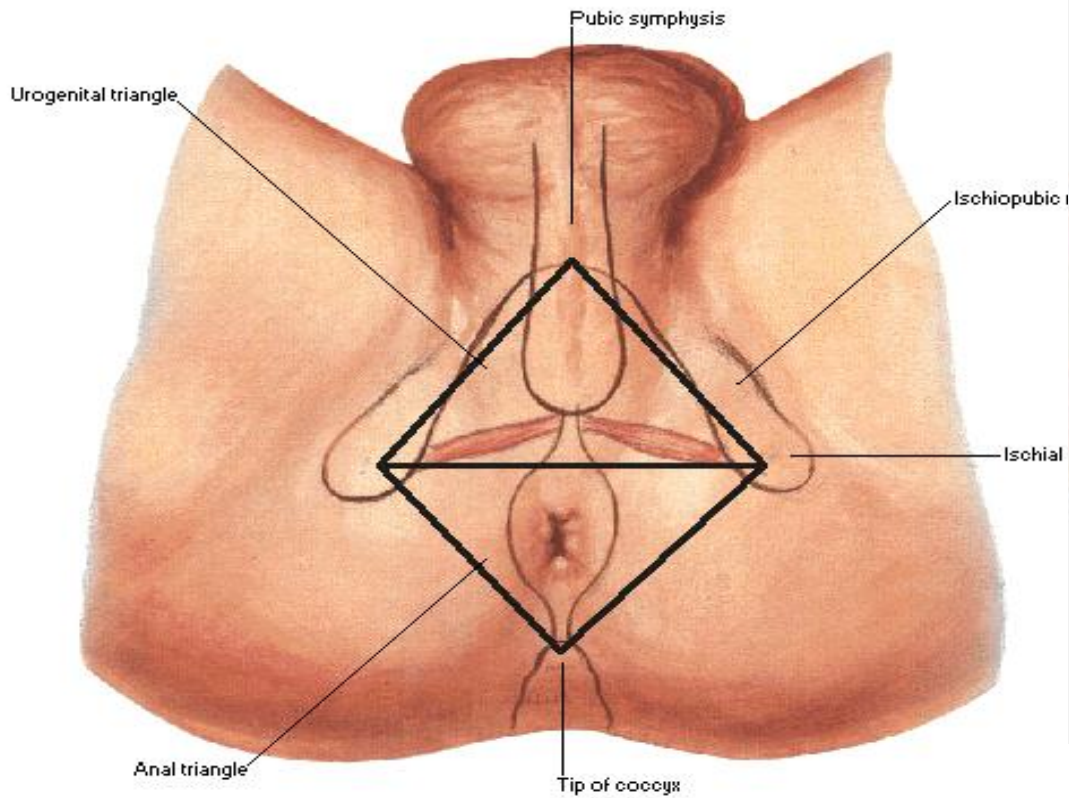
盆底解剖



盆底解剖

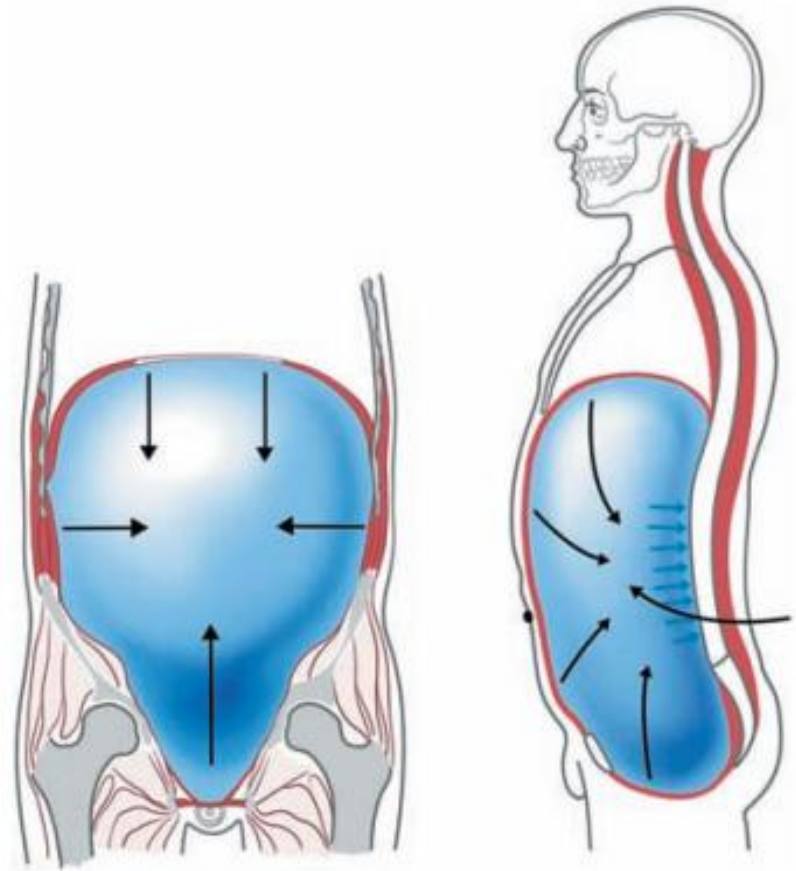
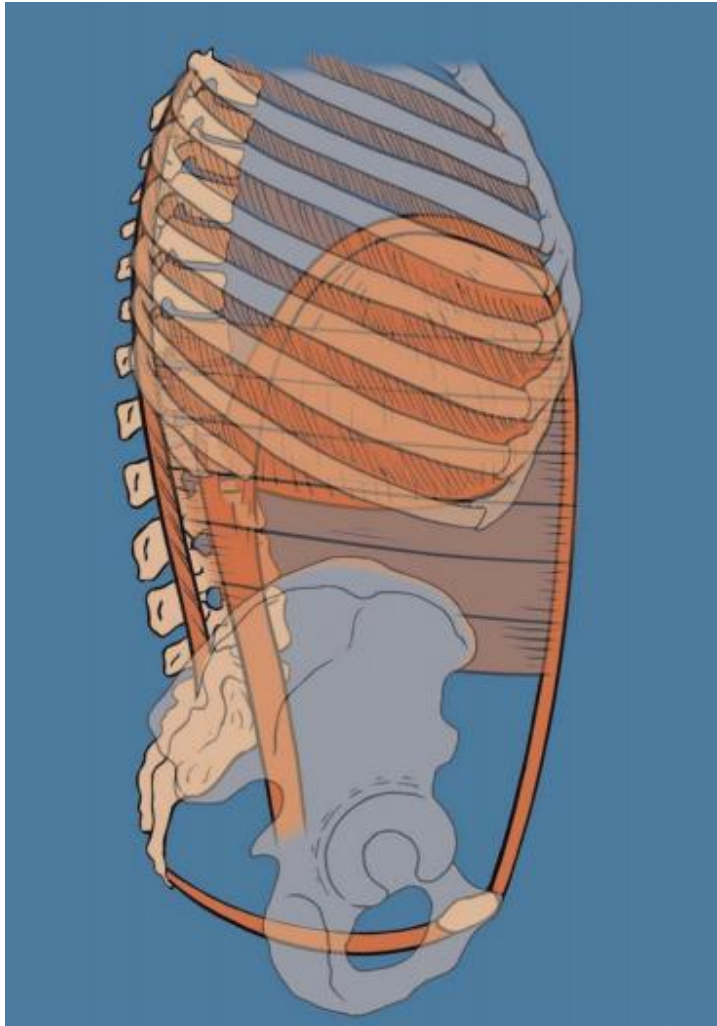
Perineum of Male

Regions [Triangles] and Surface Topography

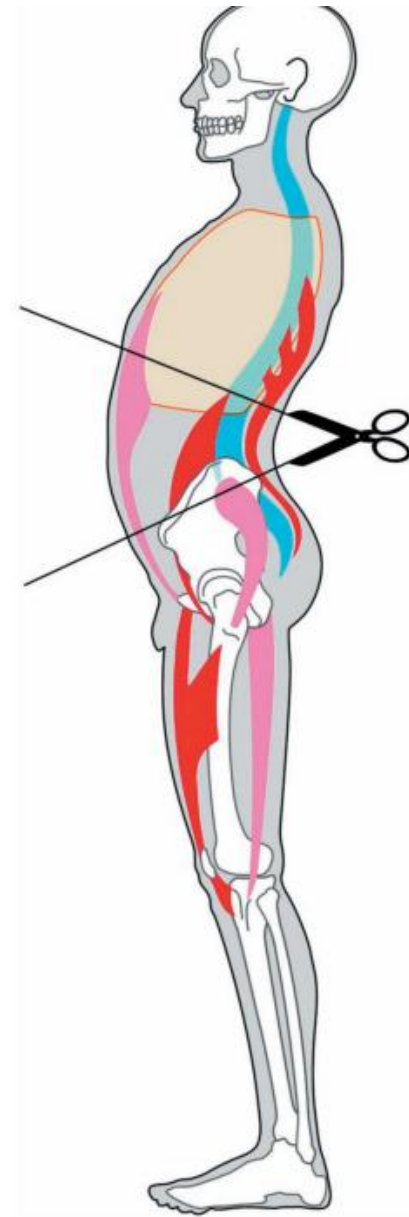
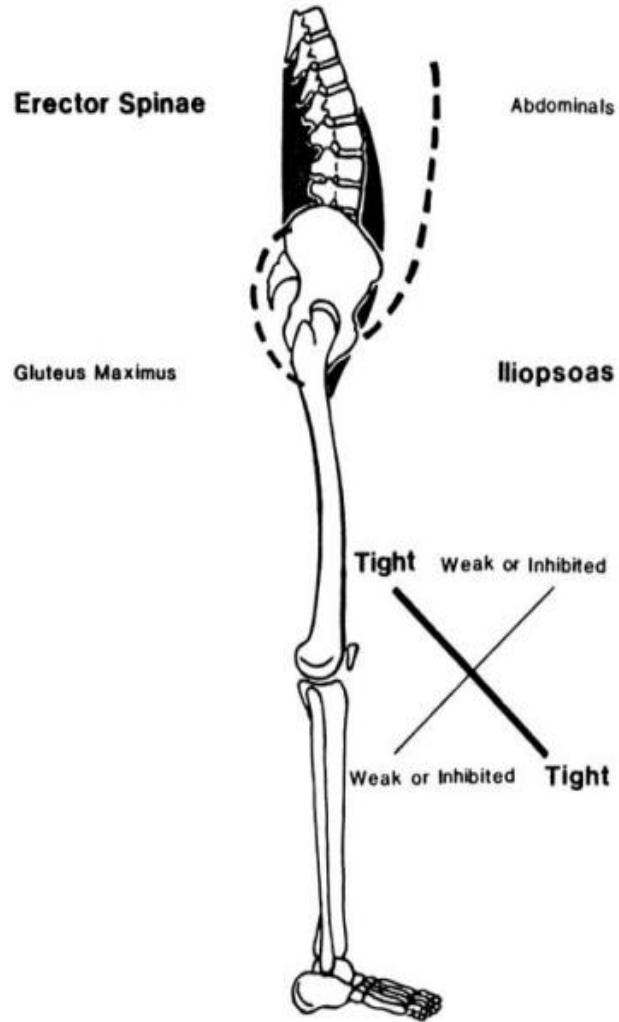


F. Netter

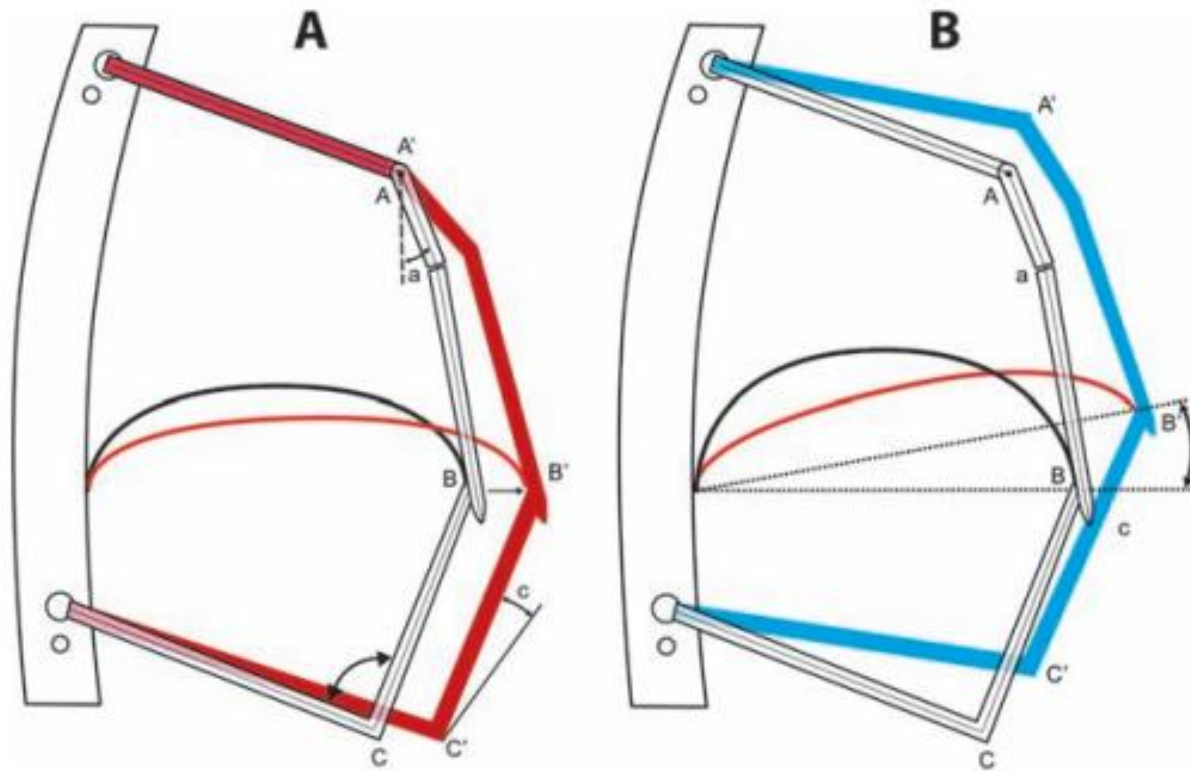
核心稳定性（腹内压）



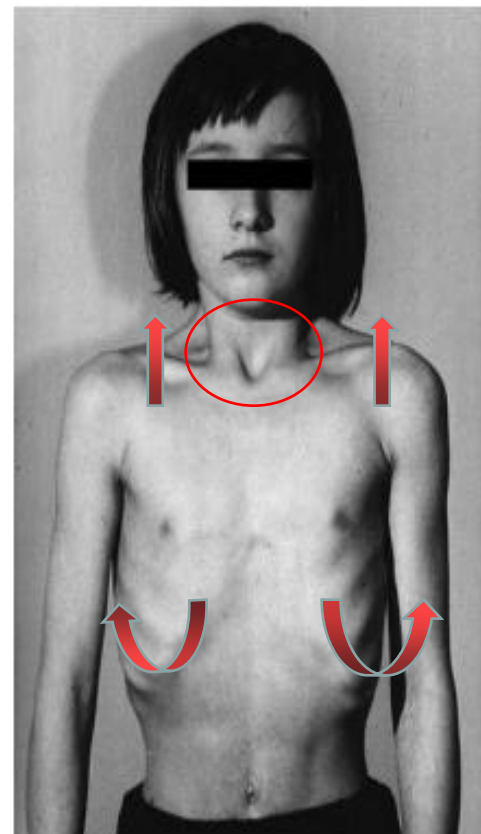
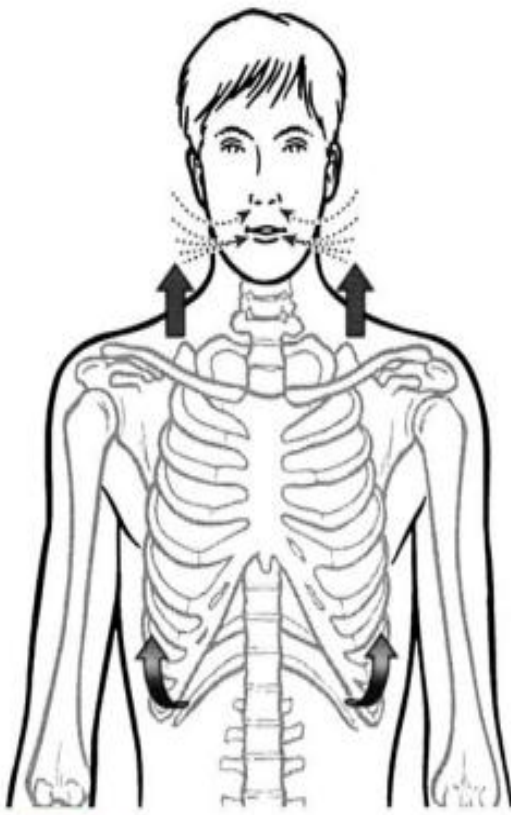
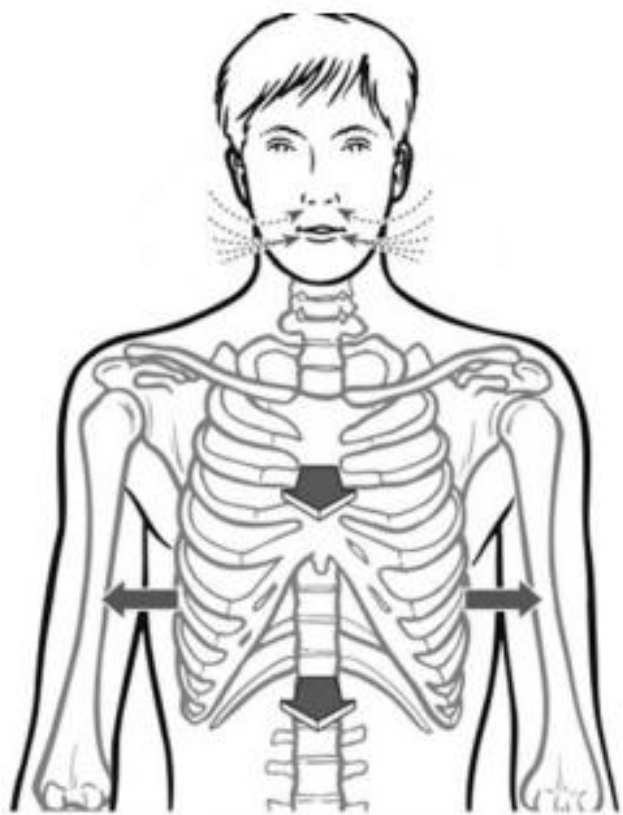
“开剪刀”



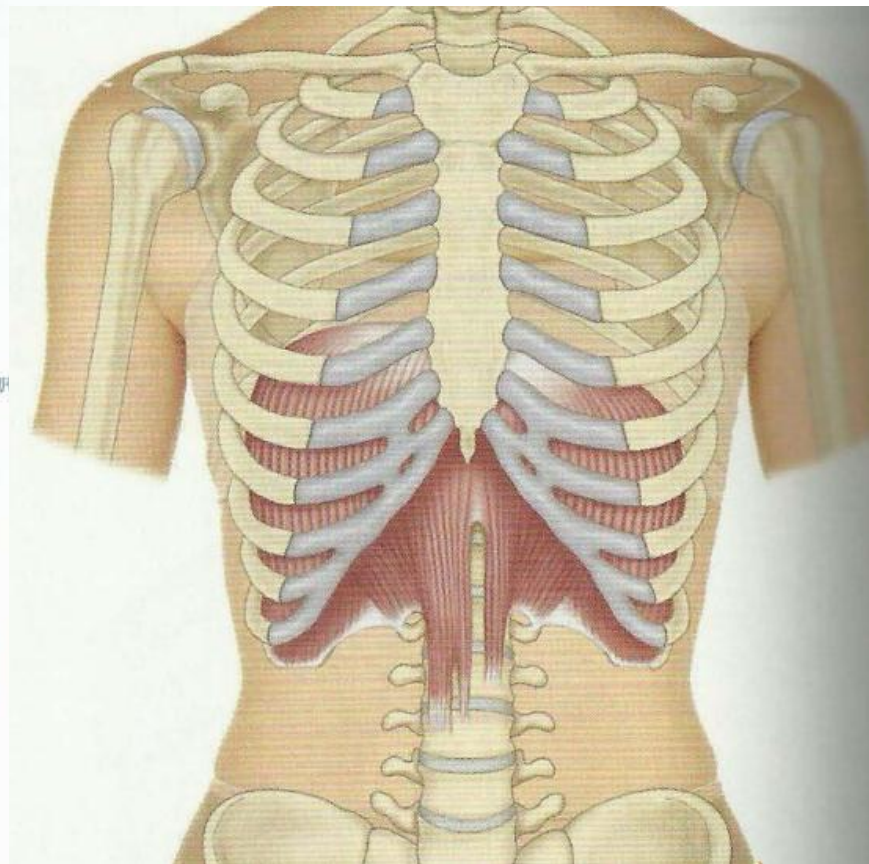
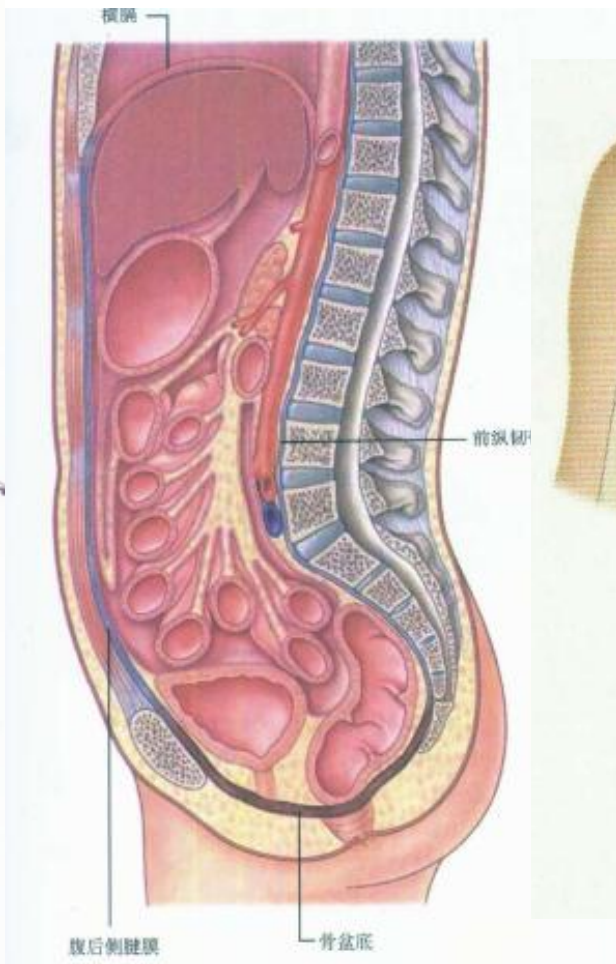
呼吸模式



错误的呼吸模式



膈肌解剖



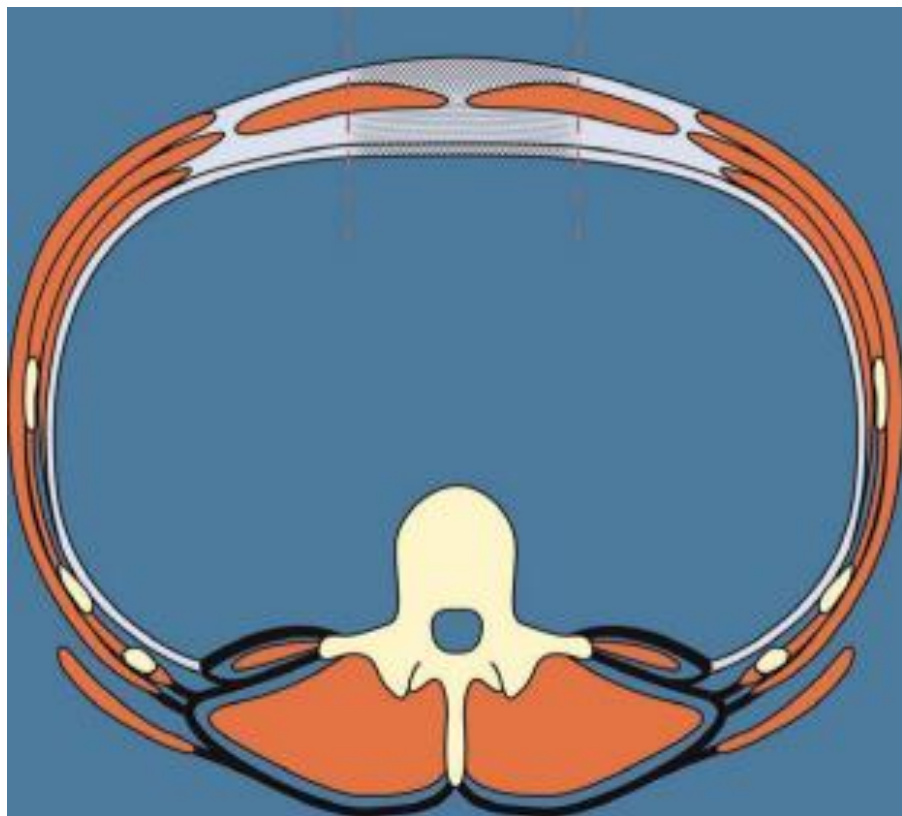
膈肌的评估与调整



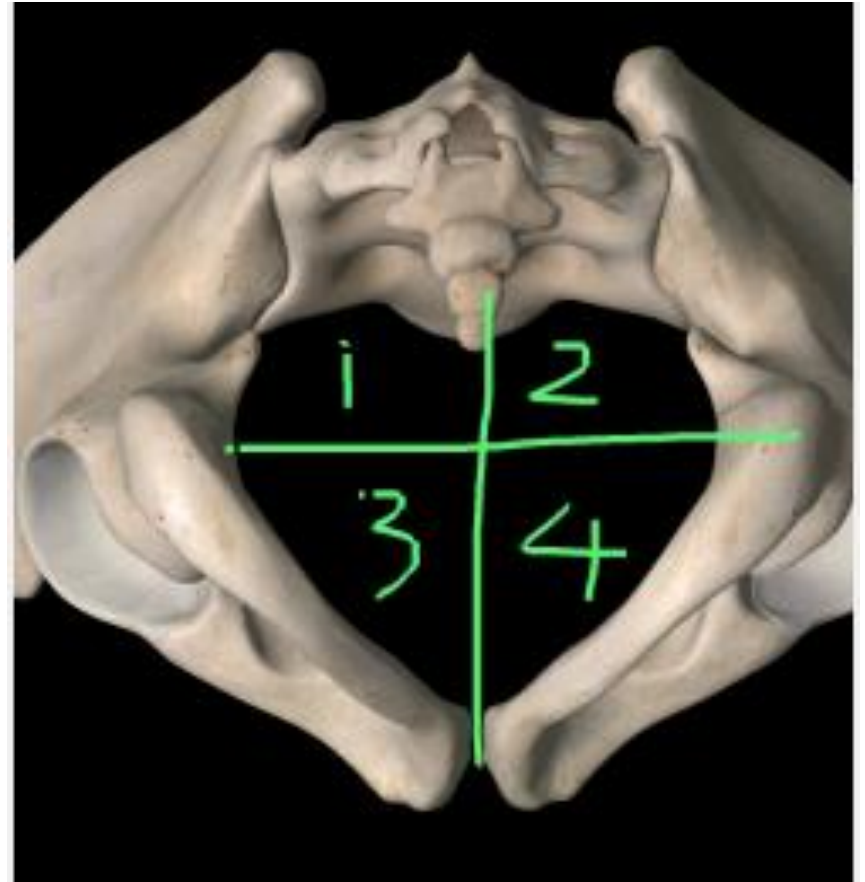
腹横肌触诊



腹外斜肌过度活化

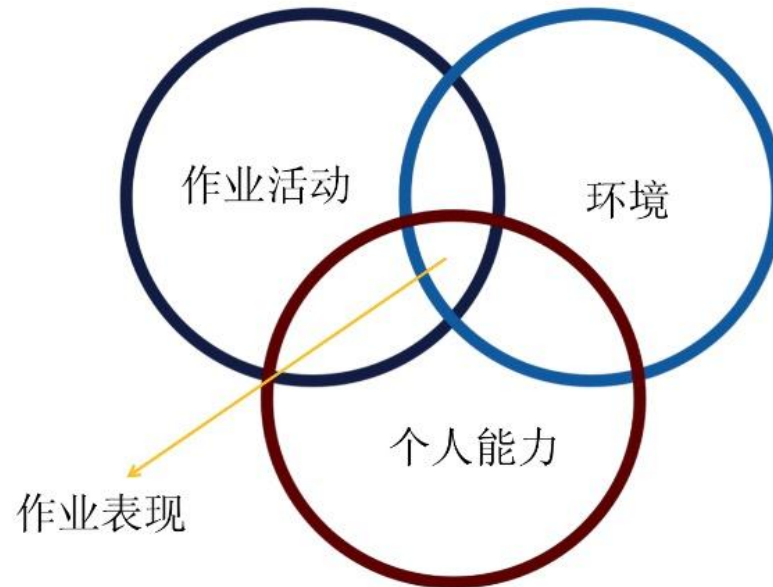


盆底肌评估



P-E-O模式

PEO 模型



腹横肌激活



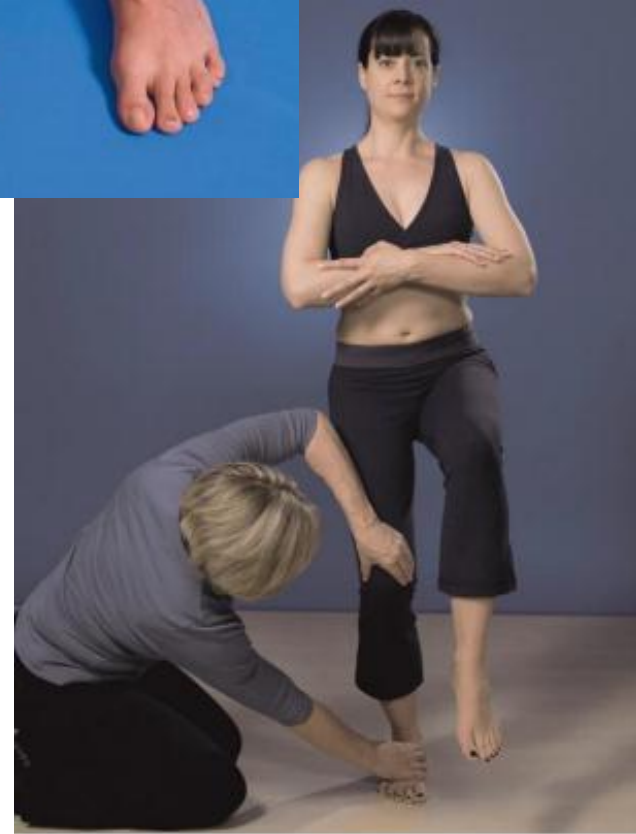
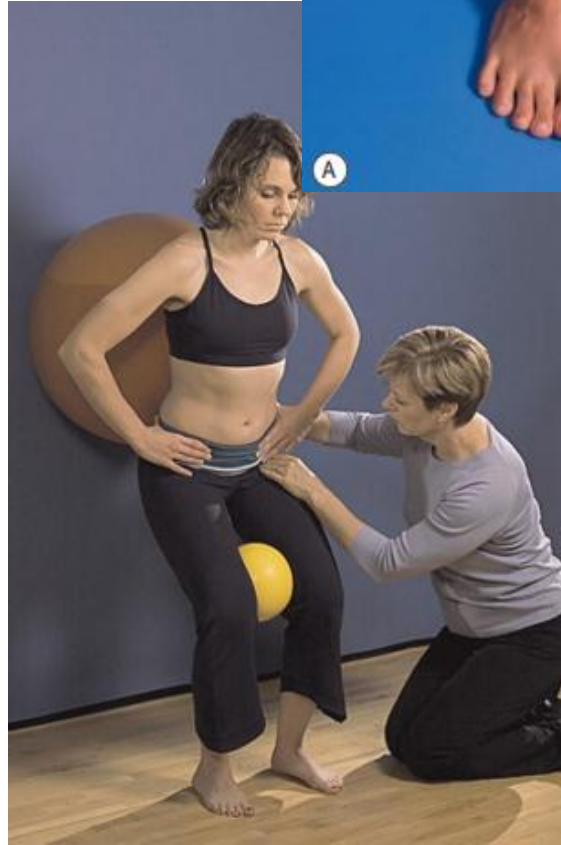
盆底肌训练



盆底肌训练



盆底肌进阶训练



盆底肌训练注意事项

- 内脏下垂的患者**严禁**仰卧位训练！
- 训练前排空膀胱，**减轻盆底肌压力！**
- 主动收缩-离心收缩（侧卧、仰卧、四点、坐位、站位、功能性动作）
- **感知训练不是盆底肌力锻炼，训练后要放松盆底**
- 误区一：像夹断大、小便一样发力；越快次数越多越好
- 误区二：训练时臀部要夹紧，这样才能感受盆底肌收缩

呼吸训练





