

# The Pelvic Floor Muscles

## LAB: External Pelvic Floor Muscles

INTENTION: To see if pelvic floor muscles have even tone and mobility



<b>PATIENT POSITION</b>	Supine, prone, sidelying
<b>HAND POSITION</b>	Along inside edge of ischiums and coccyx as your boney landmarks for the pelvic floor muscles
<b>DIRECTION OF MOTION</b>	Feeling for muscle tone side to side
<b>ASSESSMENT</b>	Palpate medially of ischiums to coccyx to see if muscles give and have spring to them. Looking for even tone of muscles
<b>TREATMENT</b>	Direct pressure into tighter muscles until release occurs. Compressing ischium medially and coccyx anteriorly to facilitate release.

**Special Notes:** Only assess for difference in muscle tone in supine, prone or hooklying but not in sidelying. Sidelying is a good treatment position.