HINDMARSH
PHYSIOTHERAPY &
SPORTS INJURY CLINIC

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GRAVITY HAPPENS -BUT YOU CAN STILL EXERCISE

How to stay strong, supported, and confident when exercising with a prolapse.



Pelvic organ prolapse affects up to 50% of women at some stage of life — yet only one in five will seek help. It's a condition that can feel confronting to talk about, but it's far more common than most people realise.

The good news? With the right support and exercise approach, you can stay active, strong, and confident.

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WHAT IS A PROLAPSE?

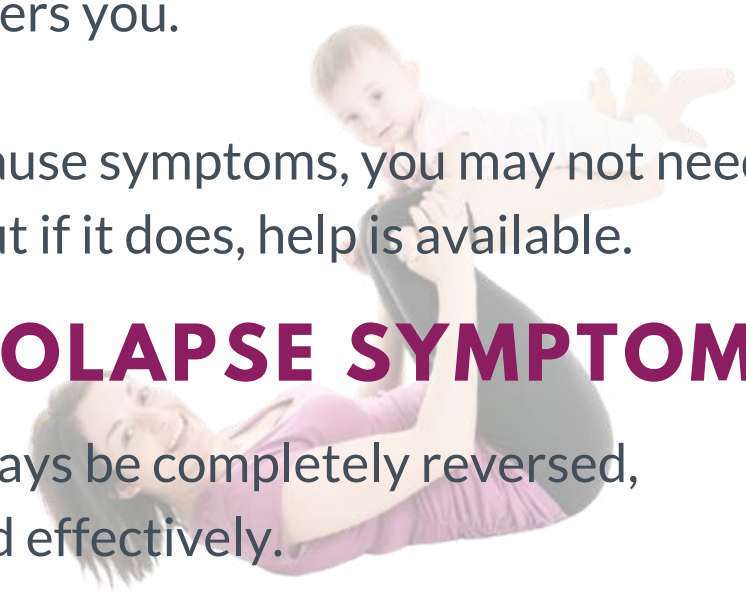
A prolapse occurs when one or more of the pelvic organs (the bladder, uterus, or bowel) drop down into the vaginal space.

Common symptoms can include:

- Vaginal heaviness or pressure
- A feeling of bulging, or like a 'tampon slipping down'
- Urgency, trouble initiating or difficulty with bladder or bowel emptying
- Lower back discomfort
- Pain during intercourse

Not all prolapses are the same — and the most important factor is how much it bothers you.

If your prolapse doesn't cause symptoms, you may not need to do anything about it. But if it does, help is available.



MANAGING PROLAPSE SYMPTOMS

While a prolapse can't always be completely reversed, symptoms can be managed effectively.

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Helpful strategies include:

- Maintaining a healthy weight
- Avoiding constipation and straining
- Strengthening your pelvic floor muscles
- Avoiding heavy lifting or holding your breath during exertion
- Choosing low-impact exercise
- Treating chronic coughing
- Considering topical oestrogen (discuss this with your GP)
- Discussing a vaginal pessary with your pelvic health physiotherapist or gynaecologist



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CAN I EXERCISE WITH A PROLAPSE?

Absolutely. In fact, regular exercise is one of the best things you can do for your overall health and quality of life. Exercise improves circulation, supports muscle tone, maintains bone strength, and helps you feel strong and capable in your body.

Low impact exercise such a walking, bike riding and swimming is a really great place to start. The exercise guidelines encourage 150 minutes of moderate activity exercise per week, or 30 minutes on most days. It is also encouraged to engage in strength training 2-3 times per week.

How do you perform strength training with a prolapse?

Start horizontal

When you're lying down, gravity's effect on your pelvic floor is minimal — making it an ideal position to start strength training. Exercises performed on your back, front, or side are great early options.

Try:

Chest press (lying on your back)
Bird-dog (on hands and knees)
Side-lying leg lifts
These positions allow you to focus on breathing and gently engaging your pelvic floor while you move.

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Progress to upright positions

Once you feel confident and symptom-free in horizontal exercises, you can start working in upright positions.
Begin with bodyweight movements and coordinate your breathing with pelvic floor engagement.

For example:

During an overhead press, exhale and lift your pelvic floor as you press.
Inhale and relax your pelvic floor as you lower your arms.
If this feels comfortable, you can progress to light dumbbells.
Sitting on a bench or exercise ball can help you feel supported and stable as you build strength

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Returning to running or heavier training

Many women are able to return to running and strength training after a prolapse diagnosis — but guidance matters. Our Women's Health Physiotherapist can assess your pelvic floor function, teach breathing strategies, and help you build a safe progression plan.

Some women also use a vaginal pessary to support their pelvic organs during higher-impact exercise.



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THE TAKEAWAY

A prolapse doesn't mean giving up exercise — it's about moving smarter, not less.
With personalised guidance, you can build strength, confidence, and long-term pelvic health.



If you are currently experiencing symptoms, worried about the presence of a prolapse or are uncertain about your next steps, we would be pleased to offer guidance—whether you are seeking to avoid surgery, understand your condition, or simply gain clarity on your options.

Move with confidence

Book a Pelvic Health Assessment at Hindmarsh Physio & Sports and learn how to exercise safely and effectively for your body. Ph 83462000 or ONLINE hindmarshphysio.com.au

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