



Co-funded by the
Erasmus+ Programme
of the European Union

Seniors to sport court, not to hospital

PELVIC FLOOR

Pelvic floor and pelvic floor muscles are a part of deep stabilizing spine system. At senior age this results in worsening incontinence and also deterioration of the whole muscle dysbalance leading mainly to pains in the lumbar spine area. The following exercises can help solve this problem.