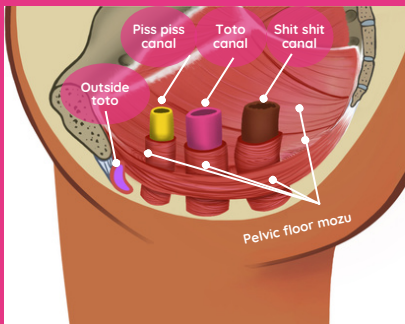


# Use am check bodi fo dem pelvic floor mozu



Sabi wetin you go take kno sey you suppose get help from Pelvic PT

Piss, shit, mess dey leak comot.

Something dey comot for toto, abi e dey pain, abi e dey pain if sontin dey enter toto or e dey pain when nothing dey fo toto

- 1 Mirror or hand wey una don wash well well.
- 2 Make bodi dey fo position wey dey kanmpe.
- 3 Dey feel am, kon carry eye look wetin wey dey between your legs.
- 4 Pelvic floor mozu wey near up: use hand touch all the outside toto area small small. Try check if e dey pain abi, e dey tight.
- 5 Perineum: use style touch small small the center and the side side fo the perineum. You sabi squeeze and carry am up? If you relax put am dan nko?
- 6 Inside inside toto pelvic floor mozu: carry one finger fo hand wey you don wash, put Inside toto. Press am fo around the walls. E dey pain, abi e dey tight? You sabi squeeze the finger fo the hand pull am up fo inside? You sabi relax put am dan?
- 7 Yansh hole for shit shit: you sabi squeeze or relax yansh hole?
- 8 Inside inside yansh hole pelvic floor mozu: put one finger fo your hand wey you don wash well well for inside yansh wey shit dey take comot. You sabi squeeze the finger fo the hand pull am up fo inside? You sabi relax, put am dan?