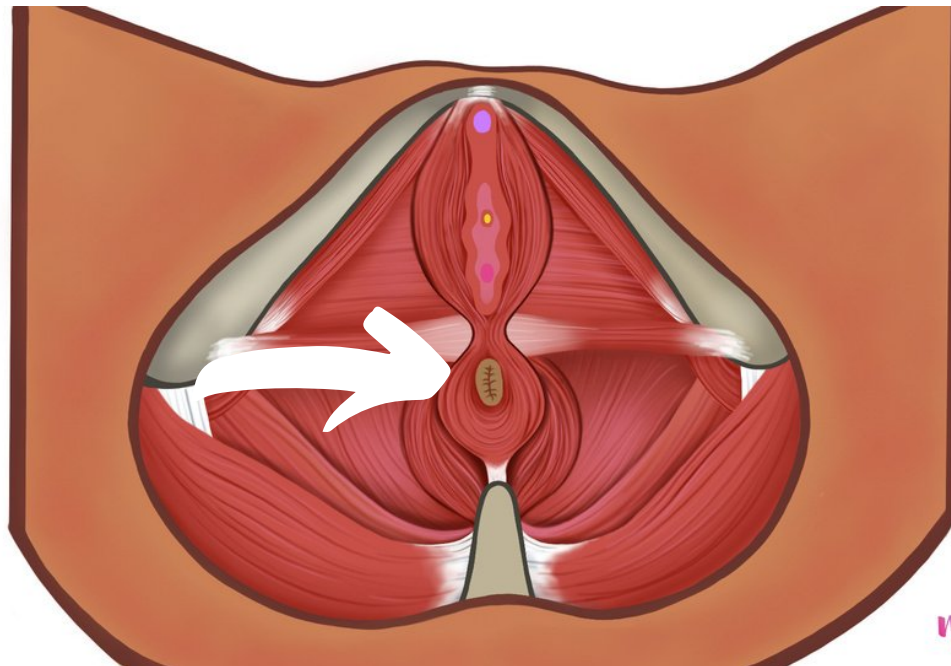


# Pelvic anatomy

Female bottom view,  
see as e dey squeeze



- ✓ Imagine say you dey look inside the bottom from under.
- ✓ Many pipu tink say na only one "kegel" muscle dey, but that one na lie. E depend on how you dey count am, na 17 pelvic floor muscle dey!
- ✓ Dem muscle dey several layer and na many muscle sef wey come togeda to form each layer.
- ✓ These muscle dem dey stretch from front to back and side to side. Make we just say na dem be "the floor" of ya pelvis!
- ✓ Dem pelvic floor muscles play ogbonge role for SEXUAL SATISFACTION. Remember say, for inside the female pelvis, dem pelvic floor muscle dey wrap around the opening of the toto dem come hug the down wall of the toto canal. Na dem dey help give tone and sensation for sex wey be thru the toto.