

# Overactive PFM

Common **CAUSES WITHIN** the pelvis...

Trauma~Injury



2

Inflammation



3

Pelvic Pain



4

Pelvic Surgery



5

PFM

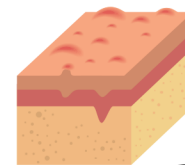
Involuntary Tension



6

7

Skin Conditions



8

PFM

Voluntary Clenching



9

Weak PFM



Harmful Sex Habits

10

Unhappy Bowels



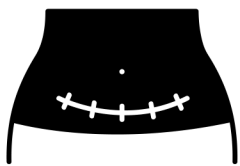
11

Unhappy Bladder



12

Scars



1

Why me?