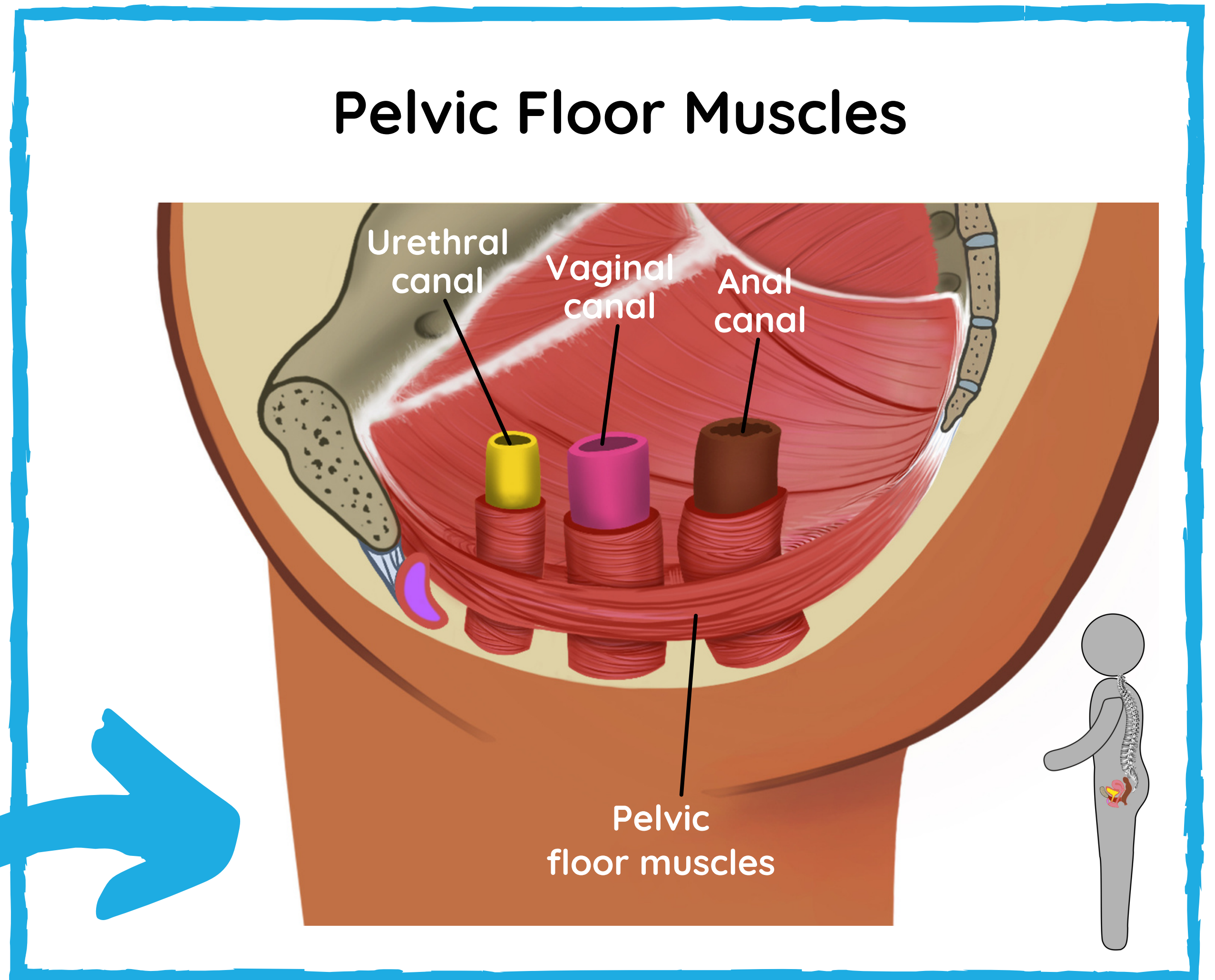


Pelvic anatomy

The pelvic floor muscles wrap around each of the 3 canals kind of like a big hug!

In this image, see how each canal is wrapped by the pelvic floor muscles?



- ✓ These muscles help to control those canals. They need to do the right thing at the right time!
- ✓ They relax and "let go" so that penetration isn't painful. They also "let go" when urine and waste matter need to exit the body to empty the bladder and bowels.
- ✓ They rhythmically contract during orgasms. They help with tone and sensation during sex. They also need to contract to keep urine and waste matter inside until it's time to empty.