

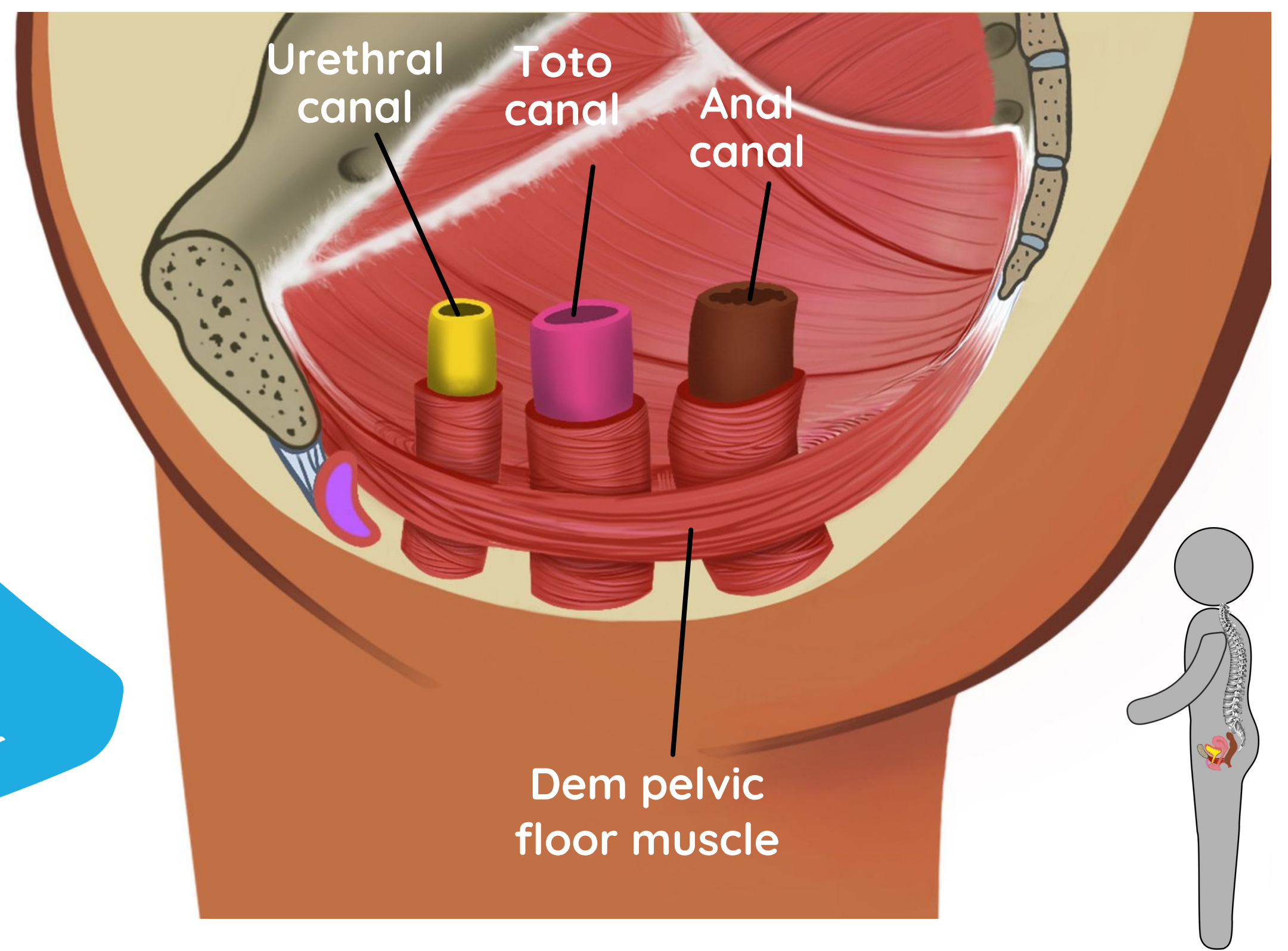
Pelvic anatomy

Dem pelvic floor muscle wrap round each of dem 3 canal like say dem dey hug big!

For dis image so, see as each canal dey wrapped by dem pelvic floor muscle?



Dem pelvic floor muscle



- ✓ Dem muscle dey help control dem canal. Dem nid to do the right thing at the right time!
- ✓ Dem relax and "let go" so that penetration no go dey painful. Dem also "let go" wen piss and waste matter like shit and mess nid to comot from bodi to fit empty dem bladder and bowel.
- ✓ Dem dey contract in rhythm during orgasms. Dem help with tone and sensation during sex. Dem also nid to contract to kip piss and waste matter inside bodi till the time e go reach to empty.