

# Review of Pelvic Organ Prolapse Exercise Websites

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**This document is intended to serve as a tool for educating those seeking the best care for POP. Individualized pelvic PT is recommended prior to or in conjunction with web-based programs.**

Research, the full list of websites reviewed, and summary description of each website with full scoring metrics are available in the clinical/academic version of this paper, located on the Pelvic Physical Therapy Distance Journal Club blog Project 4 : Review of Pelvic Organ Prolapse Exercise Websites.

<https://pelvicptblog.wordpress.com/special-projects-2/>

## Introduction and background

Many women at various stages in life have concerns about their pelvic health. Over the past 25 years, great strides have been made in the understanding of how the organs are positioned in our bodies. The abdominal and pelvic cavity structure includes:

- Breathing diaphragm on the top
- Pelvic floor muscles (those engaged when doing Kegel exercises) on the bottom
- Abdominal muscles on the sides and front

Attention to intra-abdominal pressure is important to protect weak areas such as the pelvic floor muscles. Pelvic floor exercises have been shown to decrease POP symptoms in several studies.

Women with POP are often advised to avoid certain types of exercises and activities in an effort to minimize excessive downward pressure and to protect the pelvic floor. Studies show number of pregnancy and vaginal delivery, estrogen loss of menopause, heavy lifting, hard foot-strike fitness activities, chronic constipation, chronic coughing, diastasis rectus abdominus (long abdominal muscle stretches during pregnancy), hysterectomy, genetics, neuromuscular diseases such as Ehlers Danlos and Marfan, and a high body mass index are risk factors for POP. However, many causal factors remain actively debated in the medical community.

As with many healthcare topics, women turn to the internet to seek information and guidance regarding POP. An abundance of websites now offer programs that include POP awareness and education, as well as exercises deemed to be safe for the pelvic floor. However, research on this topic is inconclusive making it difficult to determine the safest and most appropriate approach for women with POP.

## Purpose

The goal of this project was to review and grade websites that teach pelvic organ prolapse safe exercises based on current research and combined clinical expertise. A task force of six pelvic physical therapists reviewed the websites. The resulting report is intended to assist patients in choosing POP safe exercises.

## Method

A system for categorizing and grading the website content was developed including 6 topics, graded separately with a comment section provided for clinician reviewers, as well as a section to enable a detailed description of programs. Value was placed on realistic expectations, self-assessment, individualization of programs, and instructions to seek supervision from qualified professionals if symptoms worsen, thereby ensuring correct and safe performance of the exercises. See Table A for topics included in the grading system.

**Table A. The Grading System**

First Section - scored 0-5	Second Section
Authority - author/publisher background	Design of Educational Content
Coverage - general background information	Design of Exercises
Coverage - information specific to the pelvic floor	Exercise Type
Coverage - information specific to intra-abdominal pressure	Spine Considerations
Current - is site updated	Exercise Positions
Accuracy - current, accurate, and evidenced based	Exercise Content

An extensive web search produced a list of 39 educational and YouTube programs which appeared to provide exercise instruction for women with POP. A second review was applied to evaluate the following inclusion and exclusion criteria. See Table B for complete list of websites included.

**Inclusion criteria**

- Websites and YouTube videos that provided exercise instruction for women with POP
- General exercise websites providing advice or instruction specific for women with POP

**Exclusion criteria**

- Websites that were not in English
- Websites that were of a sexual nature
- Websites that included only isolated pelvic floor muscle exercise but did not include instruction in safe POP general exercise (no guidance on exercises which involved moving the trunk or legs). Isolated pelvic floor muscle exercises was not the focus of this review.
- Web sites charging a fee for access were contacted and a request made for access to complete the review. Sites that did not respond were not included in this review

**Table B. List of Websites: Included**

Websites Included in Review - in alphabetical order
Core exercise solutions - Sarah Duvall - Coreexercisesolutions.com
Core + Floor Restore - Jessie Mundell - Jessiemundell.com
Discreetly Fit - Katalin Janssens - Discreetlyfit.com.au
Femfusion – Briana Grogan - Femfusionfitness.com
Fit2B Studio - Beth Learn - Fit2B.us
Hab-it - Tasha Mulligan - Hab-it.com
Lady Bits - Julie Kwong - www.youtube.com/channel/UCvgM-ERLUrh1k0qFTrynhQ/playlists
Made for Women workouts - Murina Hundani & Elizabeth Parsons - Madeforwomenworkouts.com
MuTu System - Wendy Powell - Mutusystem.com
Pelvic exercises - Michelle Kenway - Pelvicexercises.com.au
Pelvic floor first- Australian Continence Foundation - Pelvicfloorfirst.org.au
Pelvicore - Kari Bo - Youtube.com/watch?v=3Tt2XOjjUIQ
Pelvienn Wellness - Kim Vopni - Pelviennewellness.com
Pfilates - Bruce Crawford - Pfilates.com
Pilates & Barre, Dundtalk - Emma McAtasney - Pilatesbarredundalk.com
Restore Your Core - Laura Ohayon - Ohayon.com
The Motherhood Movement - Joanna Diplock - Themotherhoodmovement.com
Whole woman - Christine Kent - Wholewoman.com
Uterine prolapse home treatment - Jini Patel Thompson - Youtube.com/watch?v=GMUdnWgj4CU

The task force members felt several key points were important in the grading of websites.

- Did the web site include ample self-monitoring strategies?
- How well did the author describe intra-abdominal pressure and suggestions for exercise modification?
- Can the average adult viewer utilize the information independently and safely?

### Results

Four web sites (Core Exercise Solutions, Core + Floor Restore, Femfusion, and Pelvic Exercises) received perfect scores and were included in group 1 with a perfect score of 30. Three sites were listed in group 2 (MuTu System, Pelvic Floor First, and Made for Women Workouts) with scores of 27-29. An additional seven web sites were listed in group 3 with scores of 23-26, and five web sites were listed in group 4 with scores of 22 and under. The sites in groups 3 and 4 contained outdated information, lacked evidenced based approach or did not provide enough information for women with POP to use the site safely and independently. See Table C for a summary of scores. In addition, each website has unique features consequently meeting different needs. The focus of this review was to identify evidenced based POP safe exercises and instructions. Some of the sites do provide valuable information but did not specifically target the POP population. (For example Fit2B targets abdominal safe exercises). Table D combines the summary and final score for each website.

### Conclusion

The specialized panel of six women's pelvic PTs hope that this report helps patients and therapists choose the safest website for each individual situation. The effort was limited in two ways. During the transition time between onset and completion of this report, new sites may have been created, current sites upgraded, and other sites deleted. Additionally, a few sites with potentially sound information and exercise were not reviewed due to fees.

Despite these identified shortcomings, this report represents a solid effort to review a selection of websites available to this group of experts. Given that the web is a dynamic and rapidly changing environment, women should educate themselves about safe POP fitness programs, and request information from their healthcare providers when in doubt.

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**Table C. Summary of scores**

Program	Authority	Coverage General Content	About PFM	About IAP	Currency	Accuracy	Total Score
Core Exercise Solutions	5	5	5	5	5	5	30
Core + Floor Restore	5	5	5	5	5	5	30
Femfusion Fitness	5	5	5	5	5	5	30
Pelvic Exercises	5	5	5	5	5	5	30
MuTu System	5	5	5	4	5	4	28
Pelvic Floor First	5	5	5	4	5	4	28
Made for Women Workouts	4	5	5	4	5	4	27
Fit2B	4	5	4	3	5	4	26
Pelviene Wellness	5	4	5	5	5	2	26
Discreetly Fit	5	4	5	3	4	4	25
Restore Your Core	4	4	5	4	5	3	25
The Motherhood Movement	4	3	5	3	5	4	25
Hab-it	5	5	4	3	4	3	24
Lady Bits	4	4	4	5	5	2	24
Pilates & Barre, Dundtalk	4	3	4	3	4	4	22
Pelvicore	5	3	4	2	2	5	21
Pfilates	5	4	4	2	2	3	20
Whole Woman	3	3	1	1	3	2	13
Uterine prolapse home treatment	1	1	2	2	3	1	10

**Table D. Final Score, Summaries & Audience**

Program	Total score	Summary, web site address, and audience
<b>Core Exercise Solutions</b>	30	<p><b>Coreexercisesolutions.com</b> has several choices of exercise and informational programs available as well as numerous education &amp; detailed demonstration videos for viewing &amp; learning before jumping into an actual exercise program. If an exercise is not clear, the Facebook page is very supportive for sharing videos of one's self and then getting feedback from the program director, Sarah Duvall or other physical therapist. It is also possible to receive one-on-one feedback from Duvall for a fee. The instructions and education are excellent regarding the core, posture, breath and pelvic floor. Duvall shares her personal POP rehab experience. She also offers trainings for providers. This program received 5/5 for both pelvic floor and intra-abdominal pressure because of the accurate information and detailed instructions as well as inclusion of ways to individualize exercises.</p> <p>AUDIENCE: Adult women</p>
<b>Core + Floor Restore</b>	30	<p><b>Jessiemundell.com</b> is a fee based 8-week downloadable exercise and education program to restore the entire core. Program designed to be safe for postpartum women as well as women with prolapse. Instruction is very thorough including physiology of the canister and impact of dysfunction on pelvic health. Provides rationale for desired patterns of breath and movement. Also includes body mechanics for lifting and transitional movements. Exercise is thoughtfully taught with cues for positioning and breathing. This website offers several programs, but only 'Core &amp; Restore' was reviewed.</p> <p>AUDIENCE: Adult women-concentration on postpartum.</p>
<b>FemFusion Fitness</b>	30	<p><b>Femfusionfitness.com</b> is mostly a free broad-based women's health exercise and education program. Website's Wellness Shop link includes her book 'Lady Bits' (not reviewed), nine gradually progressive videos addressing core-toning &amp; back pain named "The Circle Solution", "Booty Glute Camp" and a program for constipation relief. Founder, Brienne Grogan has a YouTube channel-Core &amp; Pelvic Floor Friendly, where well over 400 different playlists, programs and workouts. There is a search mode making it easy to find education about prolapse, illustrations, and how to care for prolapse. Her free "Lift, Pelvic Organ Prolapse" program is a 5-week, 5 video series. Weekly emails come with video links and printable handouts. Excellent design of videos with clear videography, addition of modifications of exercises in separate smaller window, text added for instruction where needed. Exercises are easy to follow with good safety tips throughout.</p> <p>AUDIENCE: Adult women</p>

<p><b>Pelvic Exercises</b></p>	<p>30</p>	<p><b>Pelvicexercises.com.au</b> is authored by an Australian physiotherapist, Michelle Kenway, specializing in exercises for pelvic organ prolapse and pelvic floor safe core fitness. Content is provided through up-to-date links to free ‘Pelvic Exercise Videos’, ‘Pelvic Exercise Information’ and fee-based DVDs, books, ebooks and streaming videos (~\$10-30 each) with a guide to help choose the most suitable program. A unique feature is the content specific to recovery from surgery for pelvic organ prolapse and hysterectomy, as well as for pregnant and postpartum women. Kenway also provides information and training specific to the athlete with POP. Kenway’s instruction stood out for strengths in self-monitoring of perineal mobility. The website has a very helpful search option to find specific guidelines for various activities, exercise, pessary-use and post surgical recommendations as well as what exercises to avoid if POP is present.</p> <p>AUDIENCE: Adult women - entire lifecycle</p>
<p><b>MuTu System</b></p>	<p>28</p>	<p><b>Mutusystem.com</b> has an excellent education/discussion of proper core/pelvic floor co-contraction and also relaxation, as well as coordination of core with breathing. The program states that each phase of exercise is safe for POP with acknowledged modifications. There is a helpful discussion on individualizing and modifying exercises for POP, by not doing high-impact exercises and decreasing gravity on PFM, as well as an emphasis on seeing a Pelvic Floor PT first if prolapse or UI is present. Belly bulging is discussed for individualizing abdominal exercises, but individualizing exercises because of pelvic floor symptoms during actual exercise program was not as clearly acknowledged. Women with POP-stage 2 or greater may require closer physical therapy supervision, especially with the significant number of squats expected in program. It would be helpful to prompt participants to self-monitor and tune in more often to POP symptoms. This element is addressed with repeated disclaimers and advice to work with a pelvic floor physical therapist if prolapse exists. As a result Intra-abdominal pressure and Accuracy, received grades of 4/5.</p> <p>AUDIENCE: Adult women - concentration on postpartum</p>
<p><b>Pelvic Floor First</b></p>	<p>28</p>	<p><b>Pelvicfloorfirst.org.au</b> has reputable information and education on pelvic floor exercises for general pelvic floor conditions as well as a very helpful phone APP. POP is defined and discussed well, but there is no direct exercise demonstration of the POP modifications discussed. This program receives 4/5 grade for Intra-abdominal pressure and Accuracy. It would be helpful for consumers to have more instructions for modifying exercises. The fact that the information and APP are free is a big plus. A pelvic floor PT can easily modify the exercise program.</p> <p>AUDIENCE: Adult women</p>

<p><b>Made For Women workouts</b></p>	<p>27</p>	<p><b>Madedeforwomenworkouts.com</b> provides fee-based videos (\$7-14 each) and free YouTube videos with exercises specifically promoted to be safe for women with pelvic organ prolapse. The authors are a health and wellness coach and a physiotherapist. An up-to-date blog provides discussions about pelvic health, aiming to clear up confusion regarding which types of exercises are safe for POP. Although most of their instructional quality and the ideas they promoted were considered good, complete curriculum vitae would have made it easier to assess the authors' authority. PFM received a 5/5 grade as they give helpful instruction of Kegel exercises and coordination of breath with pelvic floor muscles. 'Made for Women' received 4/5 in a number of other categories because the website could be strengthened by providing more self-assessment strategies for women to determine whether they are performing the exercises correctly at home, as well as more thorough research-based references throughout all aspects of its programs. In terms of exercise format, there was an over reliance on squats and lunges, however, it earned praise for detailed and appropriate Kegel instructions, including focus on full relaxation between contractions to prevent pelvic floor dysfunction.</p> <p>AUDIENCE: Adult women</p>
<p><b>Fit2Be Studio</b></p>	<p>26</p>	<p><b>Fit2B.us</b> is a very informative website created by a fitness instructor and mother with a passion for women's health and "tummy safe" fitness. Subscription based programs full of both low and high-level exercise videos mostly for core, with a few comments specific to pelvic floor and breath work. This website also contains an abundance of educational materials, both written and video based. Exercises are designed to be easily performed in the home in everyday clothing. The overall tone of instruction is very soothing and encouraging. Bethany discusses strategies for individualizing exercises and exercise progression based on one's own ability to maintain good form. Author gives practical suggestions for body mechanics with everyday tasks, especially postpartum. The postnatal exercise track includes a good discussion of breathing diaphragm and pelvic diaphragm relationship to address the importance of regulating intra-abdominal pressure. Approximately 400 blog posts cover a variety of subjects from healing after birthing, to diastasis recti self check and discussion of planking safety. A subscription is required for most content. She has strong connections and references to diastasis recti experts, but less coverage of and references supporting POP safe exercise, so received a 3/5 for Intra-abdominal pressure and 4/5 for Pelvic Floor Muscles and Accuracy, given the focus of this review is on pelvic organ prolapse.</p> <p>AUDIENCE: Adult women - concentration on postpartum</p>
<p><b>Pelviene Wellness</b></p>	<p>26</p>	<p><b>PelvieneWellness.com</b> might benefit any woman who is interested in taking care of her pelvic floor. The program uses excellent teaching tools with very clear and detailed explanations, written</p>

		<p>text, videos and photos, YouTube support and also guest lecturers. It also gives clear and appropriate recommendations of when to use pelvic floor physical therapy. There is a small hypopressives section that is in question; at this point in time hypopressives has not yet been shown by strong evidence to be an effective treatment for POP. Recent evidence stating that hypopressives do not increase pelvic floor muscle hypertrophy does not negate the possibility that there will be other evidence in the future supporting it as a useful adjunct treatment for POP. However, at this point, that evidence is not available. The score for Accuracy is lowered to 2/5 as a result. The rest of the program pelvic floor physical therapists or the general public may find useful in their rehab of prolapse.</p> <p>AUDIENCE: Adult women</p>
<b>Discretely Fit</b>	25	<p><b>Discretelyfit.com.au</b> has a very helpful program for pelvic floor muscle awareness and muscle strengthening (using many visualizations), subsequently receiving high grades for the pelvic floor content. Increased intra-abdominal pressure is discussed and the need to include a pelvic floor contraction with the pressure, but there is little practice or integration with other muscle groups (i.e. abdominal muscles, diaphragm) and functional activities on how to do so. There is a reliance on the transversus abdominis engaging automatically &amp; correctly with pelvic floor contractions, but we often find this may not be present, and may in fact may have to be retrained. Information is provided on posture as well as healthy bowel and bladder habits. Since avoiding intra-abdominal pressure was not fully addressed to protect against further advancing POP, Intra-abdominal pressure received grade of 3/5.</p> <p>AUDIENCE: Adult women</p>
<b>Restore Your Core</b>	25	<p><b>Ohayon.com</b> has a purchasable 13-week exercise program designed for women with “core issues”. The website includes a broad base of educational videos and pdfs. The purchaser also has access to the author via a Facebook support group. The ‘Four Steps to Healing Pelvic Organ Prolapse’ found under the ‘Tips’ heading, provides both education and thoughtful instruction of breathing and posture considerations for prolapse as well as a pelvic floor muscle awareness exercise. This generally appears to be a good exercise program that could be beneficial for someone with urinary incontinence or diastasis rectus abdominus especially. Like many of the programs, it would be helpful to work with a Pelvic Floor PT at the same time if POP is present.</p> <p>AUDIENCE: Adult women - concentrating on postpartum</p>
<b>The Motherhood Movement</b>	25	<p><b>Themotherhoodmovement.com</b> is a fee-based exercise and education program focused on post pregnancy/delivery restoration. Exercises are individualized based on breastfeeding, early &amp; late postpartum. Specific programs are available for pelvic floor rehab and diastasis recti rehab prior to beginning the Motherhood Movement fitness program. Fitness program includes 3 graded levels of exercise where each exercise is supplemented with video</p>



		<p>as well verbal description of exercise including rationale. The thoroughness of the application information is impressive. With this information, a client then has access to a 'personal trainer' for exercise and nutritional guidance. The only program reviewed was 'The Pelvic Floor Rehab Program'. This program does not specifically discuss POP or intra-abdominal pressure and for that reason receives 3/5 for the intra-abdominal grade. Purchase of program offers participant direct access to author, JoAnna Diplock through a Motherhood Movement Facebook support group.</p> <p>AUDIENCE: Adult women - concentrating on postpartum</p>
<b>Hab-it</b>	24	<p><b>Hab-it.com</b> offers several exercise downloads. The Pelvic Floor Exercise download (also available as a DVD) was reviewed. It provides excellent coverage on pelvic floor muscle strengthening, but less coverage on intra-abdominal pressure. Modifications for POP and core coordination are not specifically mentioned therefore, grading was reduced for General Coverage, Pelvic Floor Muscle &amp; Intra-abdominal criteria. Currency and Accuracy also received lower grades, as the DVD is over 7 years old. The website has many links to resources and organizations for further study as well as an appreciable FAQ section.</p> <p>AUDIENCE: Adult women</p>
<b>Lady Bits Physical Therapy</b>	24	<p><b>www.youtube.com/channel/UCvgM-ERLUrh1k0qFTrynhQ/playlists</b> provides the viewer with helpful 'Educational Talks' that give details on pelvic floor muscle anatomy, POP, and management of POP during functional activities. Exercise treatment for POP primarily focuses on hypopressives. The theoretical background and rationale for hypopressive exercise for women (called Low Pressure Exercise) and instruction of the exercises is thoughtful, well demonstrated with cues for alignment as well as coordinating with breath. However, the exercise techniques may be difficult to learn without guidance of trained professional. Effectiveness of hypopressive exercise has not been substantiated by research; consequently this program has received a slightly lower score on General Coverage and 2/5 for Accuracy. The author also has a playlist 'Movement is Medicine' of 4 videos that focuses on general exercise, where she cues women to coordinate breath and core. In addition, the author gives advice to stop doing exercises if POP symptoms are aggravated, therefore Intra-abdominal receives 5/5 grade. A very big plus for this program is the fact that it is entirely free of cost, although it can be a little difficult to find the information.</p> <p>AUDIENCE: Adult women</p>
<b>Pilates &amp; Barre, Dundalk</b>	22	<p><b>Pilatesbarredundalk.com</b> has group classes in Ireland as well as prenatal &amp; postpartum online programs (which were not reviewed). The eBook reviewed here is available without cost by subscribing at this link: <a href="https://www.pilatesbarredundalk.com/postnatal-exercise-returning-workouts-after-pregnancy/">https://www.pilatesbarredundalk.com/postnatal-exercise-returning-workouts-after-pregnancy/</a>. It provides background information and rationale for core and pelvic floor</p>

		<p>muscle restoration as well as 5 well-described beginner core exercises to prepare participant for more advanced pilates-based exercises. Coordination of the pelvic floor, breath and core is not discussed in this booklet, the number of exercises is limited, and exercise demonstrations are not available, therefore General Coverage received 3/5, Pelvic Floor Muscle 4/5 and Intra-abdominal pressure 3/5 grades. The online program was not assessed due to unavailability, but this e-book deserves mention.</p> <p>AUDIENCE: Adult women - concentration on prenatal &amp; postpartum</p>
<b>Pelvicore</b>	21	<p><b>Youtube.com/watch?v=3Tt2XOjjUIQ</b> by Kari Bo appears to be primarily focused on stress urinary incontinence vs. POP. There is good description of pelvic floor muscle/core strength for preventing stress urinary incontinence/POP, how to treat stress urinary incontinence, as well as maintain strength with exercise program. Author mentions proper pelvic floor muscle contraction using a table corner as feedback and the importance of relaxation. This is an exercise video and not a comprehensive website like many of the other programs reviewed. It is more specifically for women with urinary incontinence, and does not discuss self-assessment or modifications for POP symptoms, consequently received lower scores in General Coverage, Pelvic Floor Muscle and Intra-abdominal Pressure.</p> <p>AUDIENCE: Adult women</p>
<b>Pfilates</b>	20	<p><b>Pfilates.com</b> offers a 10-year-old DVD with some excellent pelvic floor strengthening exercises based on Dr. Crawford's studies noting when a peak pelvic floor muscle contraction occurs. His exercises are based on his theory that it's not as effective to train pelvic floor muscles directly as it is indirectly through the Pfilates exercises. However, recent studies indicate that it is most effective to train the pelvic floor muscles directly vs. indirectly. Avoiding increased intra-abdominal pressure or modifications for POP are not included. The program could be used safely with supervision and individualized modifications.</p> <p>AUDIENCE: Adult women</p>
<b>Whole Woman</b>	13	<p><b>Wholewoman.com</b> is an exercise program offering information about posture and alignment when treating POP. She has adopted an extreme extension position which is not supported by research or other experts. In addition she has denied that Kegel &amp; abdominal exercises can assist in the treatment of POP. We were unable to fully evaluate Kent's many women's health programs secondary to cost (\$.97 to 497.00) however what was reviewed was contradictory to current research. Research and clinical experience have taught us that it is advantageous to consider all variables in the treatment of POP, including correct use of core muscles, the respiratory system as well as alignment/posture therefore, this program is not recommended.</p>

		AUDIENCE: Adult women
<b>Uterine Prolapse Home Treatment</b>	10	<b>Youtube.com/watch?v=GMUdnWgj4CU</b> is one of the several YouTube videos available that promote personal experiences and exercises. Exercises are not described well, so difficult to perform. It receives low grades, because of inaccurate instructions and very little understanding of intra-abdominal pressure.  AUDIENCE: Adult women