

FAQs of the Pelvic Health Program by Miyara

Section 1 - Program eligibility

I have some pre-existing conditions. How do I decide if the pelvic floor program is suitable for me?

The program is NOT for you if...

- 🚩 have been diagnosed with pelvic organ prolapse
- 🚩 have heaviness, dragging, or bulging in the pelvic area/vagina
- 🚩 have leaking of faeces
- 🚩 have leaking of urine at rest
- 🚩 have unexplained bleeding during or after exercise

If you have other conditions/ need further clarification, please contact us.

I am young (20-30s) and/or have no pelvic complaints. How will this program help me?

Pelvic health plays an important role in our complete physical, mental, social, and sexual wellbeing. Pelvic floor exercises are important at all stages of life, just as pelvic health is a critical component of overall health.

The program will help you by: teaching awareness of the pelvic floor muscles; how to engage, strengthen, and relax the pelvic floor muscles for true functionality; and how to incorporate pelvic floor exercises in your day-to-day and training program.

I am pregnant, can I do this program?

Although the program references perimenopause and menopause health throughout, in fact, a strengthening program for pregnant women would have the same components.

During pregnancy, the weight of the baby, placenta, and amniotic fluid increases the pressure on the abdominal wall and pelvic floor, and so, the pelvic floor is naturally under more strain as the pregnancy progresses. Current and best available evidence suggests that pelvic floor strengthening exercises during pregnancy are safe, and may help with the prevention of pelvic floor issues during and post-pregnancy.

Pre-existing conditions listed in the first question would indicate that the program is not suitable.

I have not gone through a pregnancy. Do I still need this?

Regardless of childbearing, age and hormonal fluctuations can affect pelvic floor health. If you are 35+ and/or have pelvic symptoms, it is good to incorporate these exercises in your routine.

Section 2 - Regarding the program

What do you mean by self-paced?

This program contains recorded videos and instructions on what to do everyday that you can access at any time and place of your convenience. You will also get reminders, tips and instructions through the week to practise the pelvic health exercises. These allow you to develop body awareness, reflect on your progress and feel the change.

Since these exercises are based on internal muscles, unlike visual demonstrations, one has to feel a certain way to get it right. Some people need time and a few trials to get the hang of it. We have designed this program to accommodate these factors.

How much time do I need to spend on this program every day?

You will have 1 main video per week that will be 10- 20 mins long. The rest of the days would be repeating the exercises. You will need around 10 - 15 mins all other days. You will be taught how to include a lot of it in your daily routine. Hence, you might not even have to take time out separately for many of the exercises.

Do I need any equipment?

Not at all! A mat, a comfortable chair is all you need.

How long can I access the program videos?

The videos are accessible for a total of 8 weeks from the start date. That is 4 weeks of the program + 4 more weeks.

If you require an extension (or access later for reference), you can contact us. We will guide you/ provide access based on your requirements. Team Miyara's decision will be final.

I would like to avail the discount, but I am unsure if I can commit time to this in the next few weeks. Can I start at a later date?

Yes, you can buy the program now and start at a later date.

What is the cancellation/refund policy?

Cancellation and refund will depend on a case to case basis. Contact us on WhatsApp at +916366291668 or email contact@miyarahealth.com with the subject "cancellation of <program name>" with your name, email and reason for cancellation.

Section 3 - After you start the program

How do I clarify doubts/ queries during or after the program?

You can join the [Pelvic health group](#) and post your questions regarding the program. Additionally, the program includes multiple quizzes to ensure you get a good understanding of the concepts. You can also type in your questions and doubts in the comment section provided at the end of each week.

Of course, you can text our team on Whatsapp (+916366291668) too, if it is an urgent query.

How long should I continue these exercises to see results?

This really depends on the health of your pelvic floor and the severity of other symptoms (like incontinence) you may be experiencing. A general guideline will be provided by the coach during the sessions. You can contact us if you have more specific concerns.

How do I assess my pelvic strength (and the after effects of this program)?

At the beginning of the program we will ask you to fill a baseline questionnaire with questions such as why you are doing the program and what you hope to gain from it. In most cases, we hope you achieve what you are aiming for.

You can expect to 'feel' results after six to eight weeks of consistently performing the exercises.

Some signs that the pelvic floor muscles are getting stronger and that the program is helping may include:

- None or very few "accidents"
- Feeling like you're in control of your bowels and bladder
- You're able to perform the contractions more easily, particularly the slow contractions, where more control and stamina are required.

Please note that while you will be able to assess progress yourself as per the description above, for a formal and definitive evaluation, we advise you to see a pelvic physical therapist, who is specially trained in evaluating the pelvic floor muscles.

If you're keen to assess whether you're properly contracting the pelvic floor muscles as you go through the program, one of the simplest ways to do this is by doing a self-check using a mirror. Visual feedback is a powerful teacher!

Grab a small handheld mirror and remove your clothing from the waist down. Sit in a reclined position or lay down and prop your head up with the mirror held so that you can see your vulvar and pelvic anatomy.

This will include the clitoris, urethra, vaginal opening, and anus surrounded by the vulva in women. When a contraction is done correctly, the anus will close in a "wink", as will the vaginal opening, and the skin on the clitoris will nod downward and inward.

You will also see a slight "lift" of the pelvic floor muscles as they move inward and upward.

Can I do these (or any) pelvic exercises during my period? Or while using a menstrual cup?

In short, YES you can, but it may not feel so great or comfortable.

The hormonal changes that take place during the menstrual cycle can greatly affect our pelvic floor muscles. Our menstrual bleed or period occurs as a result of a drop in hormones oestrogen and progesterone at the end of the menstrual cycle. Oestrogen also increases the integrity of soft tissues (like muscles and fascia), so our pelvic floor may feel strongest in the first phase of the cycle, when oestrogen levels are high.

During menstruation, when oestrogen is lowest, you may notice your pelvic floor muscles (and all muscles in general) are more fatigued or weaker - this is normal. And for this reason, while pelvic floor muscle exercises can still be done while on your period or wearing a menstrual cup, you may not be able to do the contractions as well as you normally would.

Also, if you experience painful periods, strengthening pelvic floor contractions might worsen pain, so it would be best to focus on the relaxation exercises instead. This program teaches both contraction and relaxation exercises.