



LADIES! PUCKER UP YOUR PELVIC FLOOR!

THIS VALENTINES

Feeling Romantic?

Physiotherapists who specialise in pelvic health problems are reminding women that pelvic floor muscles are vital for sexual pleasure.

Most people associate pelvic floor exercises (Kegels) with reducing incontinence but may not know that research has shown that strengthening, toning and knowing how to relax the muscular floor of the pelvis has an impact on sexual enjoyment and performance too. Pelvic floor exercises tone and strengthen these muscles, improving blood supply and nerve activity all leading to greater pleasure.

Pelvic Health Physiotherapists specialise in teaching pelvic floor exercises and can offer a full assessment, examination, advice and treatment here at

THE SHERWOOD CLINIC

Call on 0208 869 0000 to book your appointment

<http://www.sherwoodtherapy.co.uk/womens-health.html>



*image courtesy: Cyril Saulnier, unsplash.com

Feeling Romantic?

Physiotherapists who specialise in pelvic health problems are reminding men that their pelvic floor muscles are vital for sexual pleasure.

UK-led research shows clear evidence that strengthening pelvic floor muscles improves your sex life and can help reduce your risk of and treat problems like erectile dysfunction. Ensuring you are relaxing your pelvic floor is also vital in good pelvic floor health.

The pelvic floor muscles help to trap blood in the penis to maintain an erection. Not only can men expect a stronger erection, but it will last longer.

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