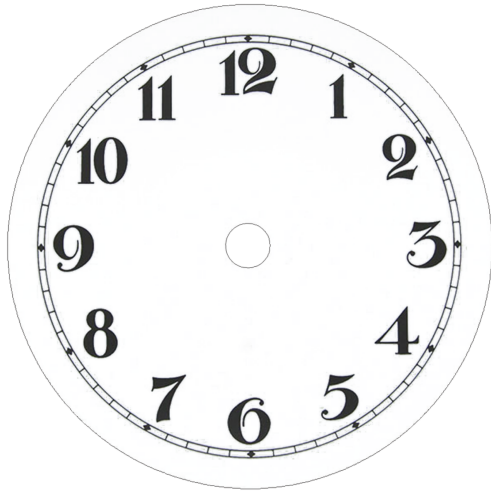


Know Your Pelvic Floor

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*Circle the hours you can feel.
Leave blank the ones you can't.*

Most people can feel 12 and 6 – pubic bone and tailbone. The sides (3 and 9) are harder. The diagonal hours are often a complete mystery. That's not a failure. It's just information about where your awareness is and isn't – and that can change.

HOW TO USE THE CLOCK

- 1 Sit comfortably – on a chair or on the floor, weight evenly through both sitting bones.
- 2 Close your eyes. Take a slow breath in, and let the exhale go completely.
- 3 Imagine a clock face at your pelvic floor: 12 is toward your pubic bone, 6 is toward your tailbone, 3 is to your right, 9 is to your left.
- 4 Starting at 12, gently tilt your pelvis toward each hour – or simply bring your attention there and notice any sensation.
- 5 Circle the hours where you feel something. Leave blank the ones that feel like nothing.
- 6 No squeezing. No performing. Just noticing.

WHAT YOUR MAP MIGHT TELL YOU

Strong at 12 & 6, less at 3 & 9

Very common. The front-to-back axis tends to dominate. The lateral muscles are often underused and underaware.

Gaps or numbness at certain hours

Areas of low awareness often correspond to areas of tension or disconnect – not weakness. The body protects what it can't feel.

Pain or discomfort at a specific hour

Worth noting and worth mentioning to a pelvic floor PT. Pain with awareness is information, not a reason to push harder.

Can't feel much of anything

Also common, especially postmenopausally. This is where the work begins – gently, over time.

Remember: *This is an awareness exercise, not a strength test. There is no right answer. Every map is useful.*