

# CLINICAL PELVIC FLOOR PATHOLOGY

Reference Chart for Anatomical Assessment & Patient Education

**Pelvic Organ Prolapse (POP)** Descent of pelvic organs (bladder, uterus, bowel) into the vaginal canal due to ligamentous laxity or muscular failure.

**Hypertonic Dysfunction** Increased resting tone or inability to relax the Levator Ani complex, often associated with chronic pelvic pain syndromes.

**Stress Urinary Incontinence** Urethral hypermobility or intrinsic sphincter deficiency leading to involuntary leakage during intra-abdominal pressure.

**Levator Ani Avulsion** Structural detachment of the Puborectalis muscle from the pubic bone, commonly identified post-partum.

## Diagnostic Indicators

**Palpation:**

Oxford Scale (0-5) for strength, endurance, and symmetry.

**Visual:**

Perineal descent, POP-Q measurement, and scar tissue presence.

**Functional:**

Coordination of the "Knack" maneuver and Valsalva response.

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