

# PELVIC FLOOR ANATOMY GUIDE

[Anatomy Diagram Placeholder: Superior View]

[Anatomy Diagram Placeholder: Lateral View]

## The Muscle Layers

**Layer 1: Superficial Outflow** Bulbocavernosus, Ischiocavernosus, Superficial Transverse Perineal, External Anal Sphincter.

**Layer 2: Urogenital Diaphragm** Deep Transverse Perineal, Sphincter Urethrae, Compressor Urethrae.

**Layer 3: Pelvic Diaphragm** Levator Ani (Puborectalis, Pubococcygeus, Iliococcygeus) and Coccygeus.

## Bony Landmarks

- Pubic Bone (Anterior)
- Tailbone / Coccyx (Posterior)
- Sit Bones / Ischial Tuberosities (Lateral)

**Support** Holds pelvic organs (bladder, uterus, rectum) in place against gravity.

**Sphincteric** Controls the opening and closing of the urethra and anus.

**Stability** Works with the deep core and breath to stabilize the spine and pelvis.

Patient Education Material – Consult with your Physical Therapist for personalized exercises.