

**Learning
outcome 1**

- Recall and describe the basic functions of the pelvic floor and why it is important.

**Learning
outcome 2**

- Identify the main signs and symptoms and risk factors of pelvic floor dysfunction.

**Learning
outcome 3**

- Describe the role of the physiotherapists in treating pelvic floor problems and promoting good health.

**Learning
outcome 4**

- Develop an awareness of the resources and services at your disposal.

**Learning
outcome 5**

- Apply this information to improve your pelvic health and take charge of your own self-management.