

What is Pelvic Floor Anatomy?

Worksheet

The pelvic floor is formed mainly by the levator ani muscle group (puborectalis, pubococcygeus, iliococcygeus) and the coccygeus muscle, together called the pelvic diaphragm, plus a superficial layer of perineal muscles that support the pelvic organs and control the urethral and anal sphincters.

Questions

1. Which three muscles together form the levator ani?
 - A) Puborectalis, pubococcygeus, iliococcygeus
 - B) Detrusor, sphincter, trigone
 - C) Rectus abdominis, obliques, transverse abdominis
 - D) Gluteus maximus, piriformis, obturator internus
2. What does the puborectalis muscle primarily help control?
 - A) Blood pressure
 - B) The anorectal angle and fecal continence
 - C) Testosterone levels
 - D) Egg release
3. What is the pelvic diaphragm?
 - A) A part of the lungs
 - B) The muscular sling formed by the levator ani and coccygeus
 - C) A layer of the bladder wall
 - D) The uterine lining
4. Which of these describes the perineal body?
 - A) A bone in the pelvis
 - B) A fibromuscular anchor point between the anus and genitals
 - C) A nerve in the sacrum
 - D) A ligament of the hip
5. Name the three main levator ani muscles and their specific roles.
6. Explain why the puborectalis relaxing during defecation matters mechanically.
7. Describe a basic Kegel exercise protocol for strengthening the pelvic floor.
8. Define: What muscles make up the levator ani?
9. Define: What is the pelvic diaphragm?
10. Define: What is the perineal body?

Answer Key

1. A) Puborectalis, pubococcygeus, iliococcygeus - The levator ani is composed of the puborectalis, pubococcygeus, and iliococcygeus muscles.
2. B) The anorectal angle and fecal continence - The puborectalis keeps the rectum bent at rest, which supports continence.
3. B) The muscular sling formed by the levator ani and coccygeus - The pelvic diaphragm is the deep muscular layer supporting the pelvic organs, distinct from the respiratory diaphragm.
4. B) A fibromuscular anchor point between the anus and genitals - The perineal body is a central tendon-like structure where several pelvic floor and perineal muscles attach.
5. Puborectalis: forms a sling around the rectum, keeping the anorectal angle around 90-100 at rest for continence Pubococcygeus: the largest part, supports the bladder, vagina or prostate, and rectum Iliococcygeus: a thin, broad sheet forming the rear of the pelvic diaphragm
6. At rest, the puborectalis keeps the anorectal angle sharply bent (about 90), which helps prevent stool leakage During defecation, it relaxes and the angle straightens to roughly 110-130 This straightening, combined with increased abdominal pressure, allows stool to pass
7. Contract the pelvic floor muscles (as if stopping urine flow) and hold for 5-10 seconds Relax fully for an equal 5-10 second rest Repeat for 10 repetitions, 3 sets per day Progress hold time gradually as strength improves, without using surrounding muscles like the glutes or thighs
8. The puborectalis, pubococcygeus, and iliococcygeus muscles.
9. The muscular sheet formed by the levator ani and coccygeus muscles that spans the pelvic outlet and supports the pelvic organs.
10. A fibromuscular node between the vagina and anus (or scrotum and anus in males) that anchors several pelvic floor muscles.

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