

## **Abstract**

**Title:** Methods of secondary prevention of the pelvic floor after childbirth

**Objectives:** This is a theoretical work with a descriptive-analytical part. It includes an analysis of the literature from available sources, an analysis of active approaches in the secondary prevention of the pelvic floor and the creation exercise unit for further research.

**Methods:** Literature analysis including processing of information from available sources.

**Results:** Handbook of pelvic floor training with methodical descriptions.

### **Keywords:**

Pelvic girdle, pregnancy, gynecological weaknesses after childbirth, incontinence, pelvic organ prolapse, sexual dysfunction, pelvic floor examination, Arnold Kegel method, Ludmila Mojžíšová method, Alexander method, Feldenkrais method, Cantienica, exercise unit