

Muscles of Pelvic Floor 1 Program Transcript

This table and the next table summarize the muscles of the pelvic floor and perineum. In this table, we see the muscles forming the pelvic diaphragm—the pubococcygeus, the puborectalis, the iliococcygeus, and the coccygeus.

The pubovaginalis and the levator prostates are branches off of the pubococcygeus—one going in the female to the vagina, the other one in the male to the prostate. At the bottom is a muscle called the bulbospongiosus, which we find in the superficial perineal space.