

Degrees

Conventionally, there are 3 degrees.

First degree: The fundus is vertical, it pointing towards the sacral promontory.

Second degree: The fundus lies in the sacral hollow but not below the internal OS.

Third Degree: The fundus lies below the level of the internal OS.

Diagnosis

A. Pel. uterus is led by routine pelvic exam, or 2 an internal ultrasound.

A dr. will insert 2 fingers into the vagina to feel it push against the cervix slightly next, the other hand is placed on top of the abdomen, it pushes it in gently to capture the uterus b/w the two hands. This allows the dr. to feel the uterus to determine its shape, size, & position & to feel for abnormal growth.

Treatment

A tipped uterus by itself, is not typically considered a problem that needs treatment. Treatment will usually focus on the root cause of a tipped uterus such as fibroids or lack of support. There are a few treatment options

that can help to correct the root causes of a tilted uterus. If a person has severe symptoms that interfere with their life or ability to get pregnant, these options may be used:

Exercises:

Sometimes you or your doctor may be able to manually manipulate your uterus to place it into an upright position. If that's the case, certain types of exercises, designed to strengthen the ligaments and tendons that hold the uterus in an upright position may be beneficial.

Kegels exercise: To do Kegels, imagine you are sitting on a marble and tighten your pelvic muscles as if you're lifting the marble. Try it for three seconds at a time, then relax for a count of three. Maintain your focus. For best results, focus on tightening only your pelvic floor muscles.

Knee-to-chest stretches: Lie on your back with both knees bent and your feet on the floor. Slowly raise one knee at a time up to your chest, gently pulling it with both hands. Hold this position for 20 seconds, release, and repeat with the other leg.

Pelvic contractions: These exercises work to strengthen the pelvic floor muscles.

lie on your back & your arms at your sides in a relaxed position. Inhale as you lift your buttocks off the ground. Hold & release as you exhale. Repeat 10-15 times.

Pessary device:

Pessaries: are made from silicon or plastic. They are small devices that can be inserted into the vagina to prop the uterus into an upright position.

Pessaries can be used on either a temporary or permanent basis. They have been associated with infection if left in long term.

Surgical techniques

In some instances, surgery may be required to reposition the uterus, or to reduce or eliminate pain.

Uterine suspension procedures: This type of surgery can be done laparoscopically, vaginally or abdominally.

Uplift procedures: This is a laparoscopic procedure that takes around 10 minutes to perform. It is a simple surgical procedure that shortens, or strengthens the round ligaments to reposition a tilted uterus to a normal position.