

physio



personal care
for personal health

she

Bowel Problems

What does this include?

Constipation

Straining to have a bowel action.

Loss of wind or bowel motion prior to or following a bowel motion or at any time.

What is a normal bowel action?

It can be normal to pass a bowel action as frequently as three times a day or as little as three times a week.

It is more important to have a soft easy motion, rather than to concentrate on the frequency of a bowel motion. There should be no bleeding, burning, pain or accidental loss of wind or bowel motion.

You should be able to get to the toilet with enough time to undress and sit comfortably.

What can SHE do?

SHE will complete a full assessment to determine your problems and create a personal management plan.

You will learn the correct techniques for passing a bowel motion.

You may learn how to schedule your bowel actions.

You may learn muscle exercise for strength and endurance if necessary.

You may learn how to relax the pelvic floor if necessary.

You may learn how to improve your diet to control your symptoms.

You may learn how to use simple bowel medications to help control your symptoms

What can I do before I see the women's health physio?

Ensure bowel motions are soft and regular.

Have adequate fluids

Have adequate fibre: fruit, vegetable and salad, and some other fibre – seeds, nuts, grainy based fibre.

Watch for reactions to specific foods and fluids.

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