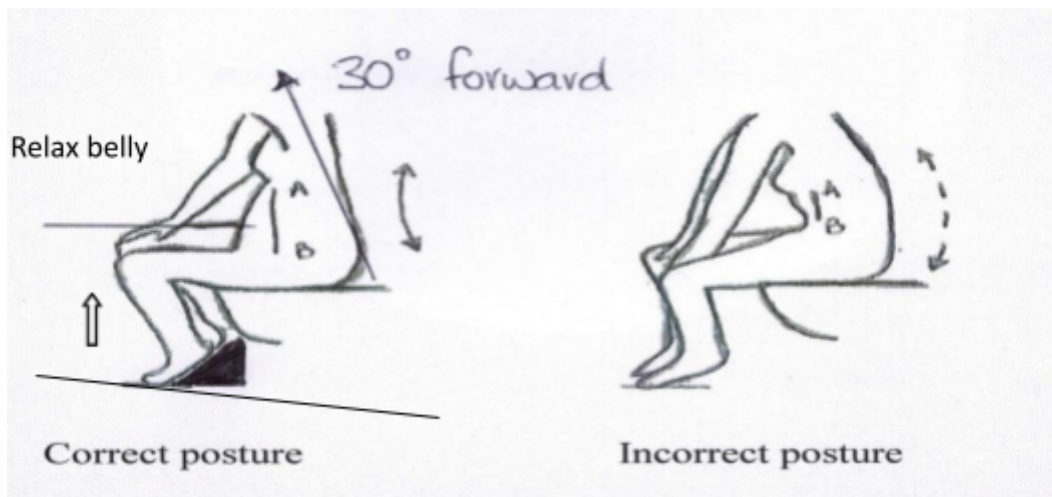


TIPS FOR THE TOILET

During defecation there should be a coordinated pattern of activation and relaxation occurring between specific abdominal and pelvic floor muscles. In many people this pattern is dysfunctional and problems such as excessive straining and stretching of the pelvic floor structures results. The following instructions will help you activate the correct sequence of muscle activity. Remember you also need to take into consideration other influencing factors such as adequate fibre and fluid intake.

POSTURE:

- Thighs comfortably apart
- Knees should be slightly above the hip level, either go up on your toes or use a stool
- Lean forwards from your hips
- Keep your back straight—do not allow your back to round or slouch
- Forearms or hands resting on your thighs.





ACTION:

- Let your abdomen relax and fall out between your legs
- Bulge and relax the abdominal wall forwards as if you have swallowed a basketball or are heavily pregnant
- Relaxed deep belly breathing creates a plunger effect

NEVER try to hold on to a bowel motion. go when you get the message. The opposite is true for the bladder, as this improves bladder function and pelvic floor muscle strength.

OTHER TIPS WHEN OPENING BOWELS:

- Apply perineal pressure - wrap your hand in toilet paper and provide support to the perineum when opening your bowels
- Rocking around can help the stool move through and out without straining
- Sometimes spreading your bottom cheeks on the toilet seat can help to open the pelvic outlet and allow the stool to pass easier

OTHER TIPS WHEN VOIDING (urinating):

- This position can also be an effective way to empty your bladder
- Before standing up, rock around to ensure your bladder has emptied completely (get into the habit of "weeing twice")
- When weeing remember to relax, breathe and take your time!



A L C H E M Y
I N M O T I O N



Shop 2/24 Lanyana Way,
Noosa Heads QLD 4567



P: (07) 5474 9093
F: (07) 5455 3174



admin@alchemyinmotion.com.au
www.alchemyinmotion.com.au