

Poop~Gas Leaks

Healthy pelvic floor muscles help you poop WHERE you choose, WHEN you choose without pain, leaks, or pressure!

Pelvic Floor Physical Therapy Tips

Pelvic floor PT helps you live your best life without painful bloating, leaks, & embarrassment!

Goals

3x/day



3x/week



Soluble + Insoluble fiber



Able to hold 20-30 min



WHAT goes in dictates the TYPE of poop that comes out

Type of poop

Soupy & Runny



Soft & squishy



Hard Pellets



Soupy poop is harder to control than firm poop

Completely Empty

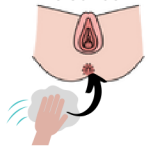
Squat



Rectocele splinting to prevent poop pockets



Relax anus and gently cleanse



HOW we poop and clean can help us get all of it out easier

Urge Quieting

Mindset that you CAN hold it



Perineal Pressure



Sit on tennis ball

Diaphragmatic Breathing



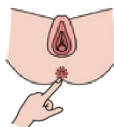
Our parasympathetic nervous system helps us control poop

Exercise

Build pelvic floor muscle tone



Practice opening and closing anus



Neuromuscular Electrical Stimulation



The pelvic floor muscles control when and where the poop exits

Free handouts & videos



Austin & Leander

Book Pelvic PT Now

myPFM®