my personal

GUT & BOWEL HEALTH PLAN

COMMON (BUT NOT NORMAL!) GI/BOWEL SYMPTOMS

- CONSTIPATION
- BLOATING
- DIARRHEA
- EXCESSIVE GAS
- ABDOMINAL CRAMPS
- ACID REFLUX

NAUSEA

HEMORRHOIDS/FISSURES

PELVIC FLOOR SYMPTOMS RELATED TO GI ISSUES

- PELVIC PAIN
- PAINFUL BOWEL MOVEMENTS
- DIFFICULTY STARTING BOWEL MOVEMENT
- ABDOMINAL PAIN
- LOW BACK PAIN
- INCOMPLETE BOWEL EMPTYING
- URGENT OR FREQUENT DEFECATION
- PELVIC ORGAN PROLAPSE

MY ACTION PLAN



List some ideas for how you can improve your gut or bowel health; some great examples are on the list to the right.

GUT HEALTH IDEAS

Not all of these ideas may apply to you, but they are a starting point! Make sure to consult your doctor and physical therapist before making any changes yourself.

DIETARY CHANGES

Ex: Adding more fiber, eating more produce, eating less processed food, eliminating symptoms-causing food, adding supplements such as probiotics.

MOVEMENT & EXERCISE

Ex: Committing to 30 mins daily exercise, doing physical therapy exercises, stretching, going for a walk after eating.

STRESS RELIEF

Ex: Yoga, meditation, deep breathing, mindfulness, hot bath, relaxing music, hobbies, seeing a therapist.

PHYSICAL THERAPY

Ex: Schedule an appointment, work on your home program which could improve things like self-massage, foam rolling, colon massage.

OTHER TREATMENT

Ex: Schedule an appointment with another practitioner (GI doctor, naturopath, acupuncturist, chiropractor)

HYDRATION

Ex: Drink at least 64 oz daily, sip water throughout the day rather than "gulping" a lot of water at one time.



typs and tricks for

HEALTHY BOWEL MOVEMENTS

EXIT STRATEGY IDEAS

NOT ALL OF THESE IDEAS MAY APPLY TO YOU,
BUT THEY ARE A STARTING POINT!

DEEP BREATHING

Long, slow belly breaths help the pelvic floor and nervous system relax to allow for an unhindered bowel movement.

TAKE YOUR TIME

Relax and don't try to rush it. Let your body eliminate on its own schedule, even if it means sitting longer on the toilet.

AVOID STRAINING

Do not push, strain, or force a bowel movement. If you still cannot complete your bowel movement without straining, try a big, deep inhale to "push" instead. Use the breath to increase pressure inside rather than bearing down.

AVOID "HOVERING"

Sit down! Bring wipes or toilet seat covers if you do not like sitting in public restrooms. "Hovering" makes it very difficult for your pelvic floor to relax fully.

GENTLE MASSAGE

Gently rubbing circles over your sacrum or low back can stimulate the urge to go.

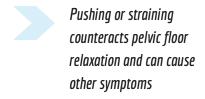
POSITIONING

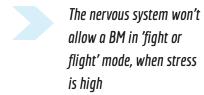
Relax the pelvic floor by propping feet on a stool (or Squatty Potty!) so that your knees are higher than your hips. Lean forward, resting your arms on your knees to help you relax fully.



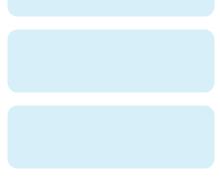
MAJOR FACTORS







MY ACTION PLAN



List your top 1-3 exit strategies that help you improve your bowel movements. See the column to the left for ideas.

