

Corina Avni Registered Physiotherapist

Practice Number 0052205

Special interest in Pelvic Function

Room 100, Fairfield Suites, Kingsbury Hospital, Wilderness Rd, Claremont, Cape Town, 7708, South Africa
Tel: +27 (0)21 683 1174 Cell: + 27 (0)83 258 2843 corina@pelvicfunction.co.za www.pelvicfunction.com



Defaecatory Technique - Getting Things Moving

There is a particular position that simultaneously encourages the bowels to work freely and the pelvic floor to relax. This promotes emptying the bowels without straining.

Straining can damage the muscles of the pelvic floor by stretching and weakening them.

- The knees should be higher than the hips. To achieve this, the feet may need to be
 - supported on a box, or pile of magazines, about 10 – 15 cm high.



- Lean forward, keeping the back straight and letting the abdomen hang loosely.
 - Rest the elbows on the knees.
- Relax the pelvic floor muscles.
- ‘Strain’ by allowing the abdomen to swell forwards and the waist to swell sideways.
- DO NOT hold the breath and push.
- Open the mouth and whisper (non-spoken) “Pah-ha-ha” on the breath out.
- Keep breathing until the urge to push comes. Push GENTLY.
- If no success:
 - Relax, lean back and wait for a few seconds. Breathe.
 - Resume the above position and try again.