

# **Colorectal Surgery Associates, P.C.**

Pierre Castera MD MD Lina O'Brien MD  
Ben Mizrahi MD Jeremy Cravens Ivane Chua MD  
Paige Herschend APRN  
Phone: 816-941-0800 Web address: [www.csakc.com](http://www.csakc.com)

## **How to Perform Pelvic Floor Exercises**

Find the proper pelvic muscles by squeezing the muscles around your rectum and anus as if you are trying to keep gas from passing. Remember to keep your stomach, legs, buttocks relaxed and to keep breathing in a relaxed fashion throughout the exercises. To assist with proper technique, place your hand on your abdomen while you squeeze the pelvic floor muscles. If you are feeling your abdomen move, you are also using your stomach muscle; stop and rest for a bit and then resume your exercises. If, while you exercise, you no longer feel the contraction or you are unable to perform the exercises without using your abdomen, buttocks or legs; again, stop and rest, resuming your exercises when you feel you can perform quality exercises. You may perform these exercises in any position that is comfortable for you.

## **PELVIC FLOOR MUSCLE HOME EXERCISE PRESCRIPTION**

Contract for 10 seconds, then relax for 10 seconds (this is one cycle). Do 10 cycles in a row.

Repeat these exercises 3 times each day (breakfast, dinner, and bedtime).

Check in with your body hourly to ensure your pelvic floor is relaxed; if you find it to be tense, take a little time to release and relax the muscles you found to be tense.

Quick Flicks: Contract the muscle for 2 seconds, and then relax 2 seconds.

## **LIFESTYLE MODIFICATIONS:**

- Fiber Intake, strive for 25 Gm
- Fluid Intake of 64 ounces
- Complete a bowel Diary
- Apply heat to perineum daily
- Limit caffeine and alcohol
- Walk at least 30 minutes each day
- Strive for 8 hours of sleep

## **MEDICATIONS TO CONSIDER:**

Fiber: Benefiber, Metamucil                      Stool Softener: Colace/Docusate  
Laxatives: Miralax, Milk of Magnesia, Magnesium Citrate, Dulcolax

## **Can These Exercises Harm Me?**

NO! These exercises cannot harm you in any way. If you get back or stomach discomfort after you exercise, then you are trying too hard and using extra muscles. Relax, and start over.

## **Foods to Increase if you have Constipation:**

Peaches, plums, melons, berries, citrus fruits, dark green leafy vegetables: broccoli, spinach, beans, kale