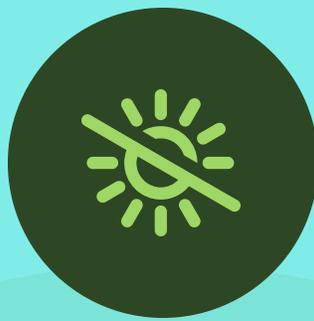




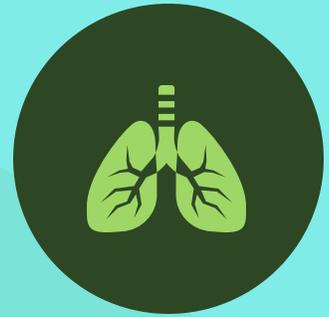
Only Hold Breath Underwater

Holding your breath may add pressure down on your bladder & organs. Make sure you're breathing when you pick up items or your baby out of the crib or off the floor.



Nothing Flying Out of Your Body

No fluids, organs or pressure should be pushing out of your body when you're exercising or just doing things around the house. Incontinence, pressure at the perineum or abdominal bulging are signs you need to be evaluated by a PT.



Exhale on Exertion

Exhaling like you're gently blowing through a straw can automatically activate your deep abdominal and pelvic floor muscles to help support your organs. Exhale before AND during exertion to use your core for support.

MAMA'S GUIDE

Bowel & Bladder Control for Post-Partum Moms



CARRIE PAGLIANO
PHYSICAL THERAPY



Knees ABOVE Hips

Put a step stool or squatty potty under your feet for seated toileting. This can help relax pelvic floor muscles for bowel movements & assist with more complete emptying of bowel & bladder.



Defer the Urge

Avoid "just in case" trips to the toilet. Use a couple of quick pelvic floor contractions to defer the urge.



Fiber & Fluid

Try to match your fluid/fiber intake to keep stool soft. (25-35g/fiber with 40-60oz fluid). Caffeine increases frequency but may help with BM. Try not to strain. Keep stool soft, spending no more than 5 minutes on the toilet.



The Science Is Simple

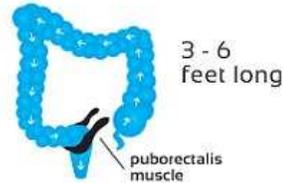
We are designed to squat



Our ancestors squatted for centuries before the invention of the modern day toilet.

In fact, the majority of the world's population still squats today!

This is your colon



The colon has the main purpose of removing waste from the body.

It features a natural bend (anorectal angle) which aids continence.

Sitting Keeps it Kinked



The puborectalis maintains the anorectal angle. Sitting only **partially relaxes**, the muscle, meaning that the colon is still kinked. It therefore remains difficult for faeces to pass through.

Relax with Squatty Potty



When squatting, the puborectalis muscle **loosens** creating a straight passageway into the rectum.

This ensures quick and comfortable elimination.

Courtesy Squatty Potty

02

IMPORTANT Pelvic Floor Exercises

- **CONTRACT:** tighten pelvic floor muscles closing around opening, lifting pelvic floor muscles up & in. No breath holding or bearing down. Quick (2 second) & long (5-10 second) contractions.
- **RELAX:** let go completely, breathe low belly breath

Northern VA

Pelvic Health Physical Therapists

- | | | |
|----------------------|--------------------------|-----------------------------------|
| • Secili DeStefano | Bodies in Motion | Reston |
| • Lauren Trosch | INOVA Fairfax | inova.org/Physicians/LaurenTrosch |
| • Nancy Branberg | NBranbergPT.com | Falls Church |
| • Carrie Pagliano | Carriepagliano.com | Arlington |
| • Kristen Grandstaff | Virginia Hospital Center | Arlington |



PT LOCATOR: www.womenshealthapta.org