

ALL YOU NEED FOR



PERFECT POO'S

For adults & Children



Tasvi Naik

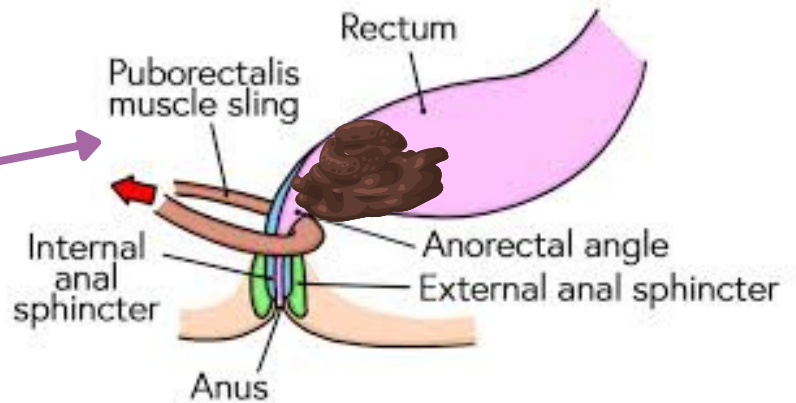
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BOWEL BASICS

IMPORTANT FACTS

- The pelvic floor pinches the bowel closed so we are not Pooing all the time
- The rectum is a sensory organ- you can tell if there is a solid, liquid or gas
- So never defer the urge for longer than 15 minutes
- Aim for a soft DAILY poo
- Happy hormones are made in the GUT- 80% of serotonin production- so keep your gut healthy
- Drink lots of water
- Eat fibre



HOW WELL DO I KNOW MY POO?

TOP TIP: Monitor your POO consistency, size and width. Use a Bristol Stool Chart

PROBLEMS

Constipation- Poo is hard

Straining- I keep pushing but nothing wants to come out so I push harder. IT USUALLY HURTS

HAPPY
BOWEL,
HAPPY LIFE



THE RECTUM IS A SENSORY ORGAN!
Do I have a solid, liquid or gas?

Why position matters when making a POO



WHEN WE SQUAT:

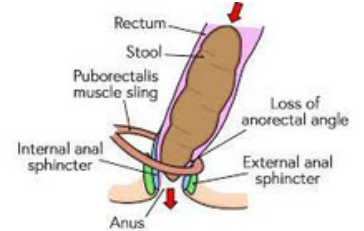
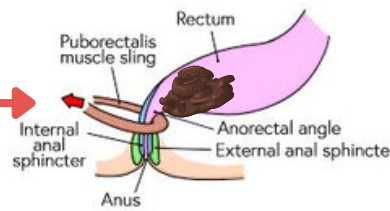
1. The pelvic floor lengthens/ lets go/ opens



2. The rectum goes from being pinched to being straight



3. And the Poo can come out easily- it doesn't have to go over the corner



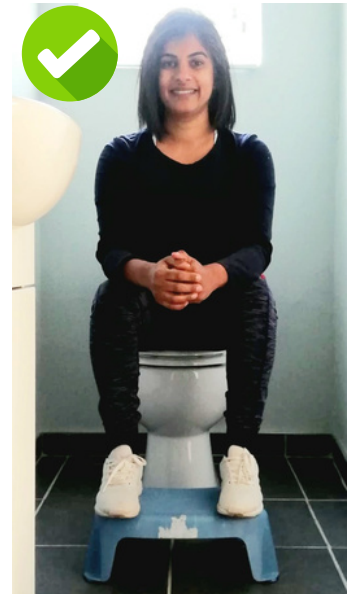
CORRECT TOILET POSITION IS ESSENTIAL

1. Knees should be slightly higher than hips

CORRECT BREATHING ON THE TOILET IS ESSENTIAL

1. Inhale- BELLY BIG
2. Hold- BELLY HARD
3. Exhale- BLOW

Use bubbles, pin wheels or party blowers



ALWAYS PUT YOUR FEET ON A FOOT STOOL



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PERSONAL TRAINER



Why do nerves matter?

STRESS



- Our body responds with fright and flight when we are in danger e.g. being chased by a lion
- Modern day dangers= anxiety, fear, school, parents, pressure
- if we are stressed or anxious our body sees that as running away from danger and therefore will not be ready to PEE or POO
- This is sympathetic nervous system overdrive

SAFETY



THIS IS A
SAFE
SPACE

- When we find our safe space, we can relax and breathe better
- Our bodies can now REST & DIGEST
- and is more ready For PEE & POO
- This is the parasympathetic nervous system

WHEN THINGS GO WRONG- TRY TO THINK IF THERE ARE ANY STRESSFUL SITUATIONS OR 'LIONS" THAT MAY BE HAVING AN IMPACT ON TOILETING



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KNOW YOUR POO



#4= IDEAL POO- Think smooth snakes or soft serve ice cream

THE BRISTOL STOOL FORM SCALE (for children)

Choose your Poo!

type 1		looks like: rabbit droppings Separate hard lumps, like nuts (hard to pass)
type 2		looks like: bunch of grapes Sausage-shaped but lumpy
type 3		looks like: corn on the cob Like a sausage but with cracks on its surface
type 4		looks like: sausage Like a sausage or snake, smooth and soft
type 5		looks like: chicken nuggets Soft blobs with clear-cut edges (passed easily)
type 6		looks like: porridge Soft blobs with clear-cut edges (passed easily)
type 7		looks like: gravy Watery, no solid pieces ENTIRELY LIQUID



CORRECT TOILET SETUP, POSTURE & BREATHING

step 01 SETUP

Go when its time. Give yourself
time in the toilet

STEP
01

step 02 Setup

Foot Stool: You want knees slightly
higher than hips. This helps pelvic floor
to lengthen

STEP
02

step 03 POSTURE

Feet flat on stool. Back straight,
Elbows on knees. (don't lift your
heels)

STEP
03

step 04 BREATHING

Breathe into your belly—make it big
Make your belly hard
Breathe out like blowing candles/ bubbles
Exhale through your mouth, till all your air is
out
Remember BLOW to GO or MOO to POO

STEP
04

step 05 HARMONY

Remember: The toilet is a safe and
neutral space. Use bubbles, read
books, sing... anything that will help
you RELAX

STEP
05



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www.tasvinair.com

HAPPINESS IS

HAPPY POO'S



Spontaneous & Daily



Soft and mushy but formed (think soft serve ice cream)



Easy to pass- no pain or straining

Easy to wipe



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HAPPY PEE'S



Easy to start



Easy to pass- no pain or straining

one continuous stream for 10-15 seconds

pale yellow colour, no foul odour



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HAPPY POO

checklist

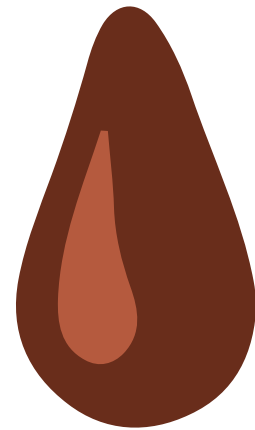


- WATER AND FIBRE (FRUIT & VEG) INTAKE WAS GOOD
- RELAXED AND CALM MENTAL STATE AND ENVIROMENT
- FELT THE URGE TO POO
- TOILET SET UP WITH FOOT STOOL AND KNEES HIGHER THAN HIPS
- BLOW TO GO TO GET THE POO OUT
- POO IS FORMED AND SOFT
- WIPING WAS EASY

Get Help if..



You are straining
experience pain, difficulty or bleeding



Leaking
Sneaky poo with/ without your awareness

NO POOP ZONE



Constipation
you are struggling to be regular/
stools are hard



FEAR of toilet/
REFUSAL
scared to use the toilet and are
withholding

thank you



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Hope you have found this insightful. Please feel free to keep in contact with me should you require additional pelvic health support.



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