



RANA HOSPITAL

*Come with **PILES!** Go with **SMILES!***

Patient Information Leaflet

Lift Exercise 2

Lift Exercise 2

Your bowels are part of your body and you need to take control of them. This may seem difficult at times, especially when you feel under stress. The following routine will help you to regain control.

Set aside 10 minutes every day for the following exercises (preferably half an hour after breakfast/evening meal). It is important that you are not interrupted.

Identify the different muscles you will use

- *First your waist muscles.* These are the muscles you push/propel with. Place your hands on either side of your waist - now cough. Can you feel the muscles work? Try to brace, in other words, use these muscles to expand and widen your waist.
- *Now your anal sphincter or back passage muscle.* When you go to the toilet you **must** relax and open this muscle. Insert your index finger just inside your back passage. Squeeze and contract your back passage as if you are trying to stop yourself going to the toilet. It should feel tight around your finger. (Learn to recognise this and if you feel that you are tightening your back passage when you are going to the toilet, **STOP**)!

Now relax your back passage so that it feels slightly open.

Check your sitting position on the toilet

- Lean forward with your forearms resting on your thighs and your feet raised.

Relax

- Lower your shoulders.
- Breathe slowly and gently. In through your nose and out through your mouth.
- Try to let go with all of your muscles.

Now try to open your bowels

- Remember NOT to hold your breath i.e. do not take a big breath in first.
- Close your eyes. Imagine your back passage is a lift. If you are relaxed your lift will be resting on the first floor.
- Slowly push your lift down to:
 - ground floor
 - down to basement
 - down to cellar
- You can use your brace to help you push.
- Relax for a second. Do not allow your lift to rise.
- Push your lift down again

Try not to strain!

Repeat.

Remember, this takes time and practice.

What should I do if I want further information?

Please call Rana Hospital's clinical support staff at helpline: 098141-28667.



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