

# Patient Information Leaflet



**ST MARK'S**

HOSPITAL  
FOUNDATION

## Brace Exercise

## **Brace Exercise**

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.

**Every day** set aside approximately 10 minutes for this so you are not rushed, preferably half an hour after breakfast. It is important that you are not interrupted.

### **1. CHECK YOUR SITTING POSITION ON THE TOILET**

Lean forward with your forearms resting on your thighs and your feet raised on a small block (like a toddler step). Relax and lower your shoulders.

### **2. RELAX**

Breathe slowly and gently.

Try to let go with all of your muscles.

### **3. NOW TRY TO OPEN YOUR BOWELS**

Remember NOT to hold your breath ie: do not take a big breath in first.

a) **Slowly** brace outwards (widen your waist). When fully braced push/propel from your waist **back** and **downwards** into your back passage at an angle.

#### **DO NOT STRAIN**

b) Relax for one second but only very slightly. You must maintain a level of pressure with your brace, whilst not pushing with it.

c) Brace outwards and push downwards again. This should be repeated.

**You should be using your brace as a pump.**

***Remember, this takes time and practice.***

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