

MEDICAL MOMENTS

Pelvic Floor Rehabilitation in the Treatment of Fecal Incontinence

Pelvic floor physical therapy has been shown to be effective at treating a range of pelvic floor dysfunctions including Fecal Incontinence (FI). Several Randomized Control Trials have used a variety of Intervention components to successfully treat FI without significant risks and with high rates of success.

“Fecal incontinence (FI) is defined as the involuntary loss of liquid or solid stool... Prevalence has been reported at 2 to 24% of the adult population...” p. 99

Pelvic Floor Rehabilitation comprises a variety of efficacious therapeutic techniques including:

1. Bowel Management Education & Retraining. Focus on lifestyle modifications including diet, fluid intake, predictable bowel evacuation patterns, proper anatomical form and posture, and fecal urge suppression.
2. Pelvic Floor Muscle Training. Focus on increased strength, endurance, and coordination of the pelvic floor muscles, anal sphincters and abdominal muscles. May also include guided visualization, and instruction in proper contraction and release of a Kegel.
3. Biofeedback Therapy. Focus on using instrumentation, or a digit, placed vaginally, rectally, or on the perineum to deliver visual, auditory, or tactile feedback to the patient. May also include the use of ultrasound or rectal balloons.
4. Electrical Stimulation. Focus on enhanced strength and endurance of muscle contractions particularly with the external anal sphincter.
5. Manual Therapy. Focus on soft-tissue mobilization, particularly with scarring, and myofascial release.

Scott, K. M. (2014). Pelvic floor rehabilitation in the treatment of fecal incontinence. *Clinics in Colon and Rectal Surgery*, 27(3), 99-105.



Submitted by **Dr. Lauren Collier Peterson, PT, DPT**

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Dr. Peterson and her staff provide Physical Therapy for patients with pelvic floor dysfunction, imbalance and falls risk, & orthopedic injuries in OKC.

She has treated hundreds of men and women with pelvic floor issues ranging from incontinence and constipation to pain and prolapse. While she has a particular clinical interest in pelvic pain disorders, she wants everyone to enjoy good pelvic health and to know that “Leaks are not normal!”

Call Sean Peterson (GM) at 405-400-8909 to learn more
or to schedule time with a FYZICAL Therapist