

CONSTIPATION BOWEL CONTROL

Bowel problems can occur if the bowels move too slowly (constipation) or if you have loss of stool (fecal incontinence). Constipation can be a very uncomfortable and painful condition in which the bowels move less than 2 times a week and you have hard stools, straining, and incomplete emptying of feces at least 25% of the time. There may significant straining to evacuate stool which causes risk of other problems such as organ prolapse (dropping of pelvic organs such as the bladder), pain, or pelvic floor dysfunction and continence issues. Difficulty with bowel control or fecal incontinence is the embarrassing situation in which you loose control of your bowels due to pelvic floor muscle weakness or poor coordination of muscle contraction.

Clemens Physical Therapy can help improve pelvic floor function, bowel mobility, and posture. We can also teach you bathroom techniques to make toileting easier and exercises to help keep things moving. Treatment works well along with medication or other treatments provided by your physician or health care provider.

** for more information, go to **SEARCH** on our website menu and type in **CONSTIPATION** or **FECAL INCONTINENCE***

TREATMENTS AT CLEMENS PHYSICAL THERAPY

Manual “hands-on” therapy:

Very gentle treatment designed to help improve bowel function. The goal is to improve bowel mobility, decrease pain, and restore normal function.

Modalities: Moist heat, ice, ultrasound, or electrical stimulation to decrease pain and inflammation and loosen tight muscles.

Biofeedback: Used to teach relaxation techniques or to retrain muscles to perform correctly and efficiently. Uses a computer screen to “see” body processes.

Exercise: Very gentle strengthening and stretching programs designed to improve overall strength and function. The goal is to restore normal bowel function and prevent future problems.

Education: Addresses proper toileting techniques, work/activity modification, posture awareness, and prevention measures. Self-help techniques to help you maintain your progress on your own.

Clemens Physical Therapy PLLC

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CLEMENS PHYSICAL THERAPY, PLLC

Why We are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**
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