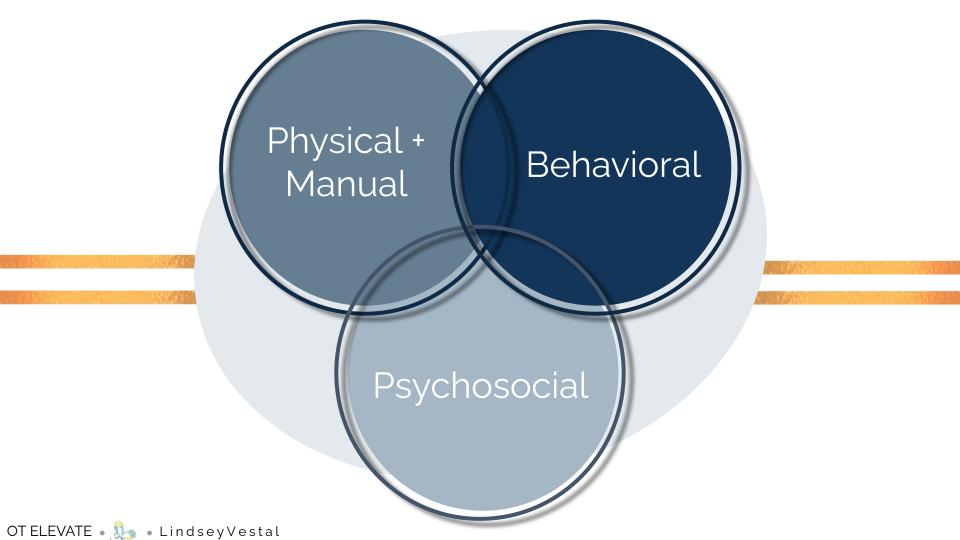
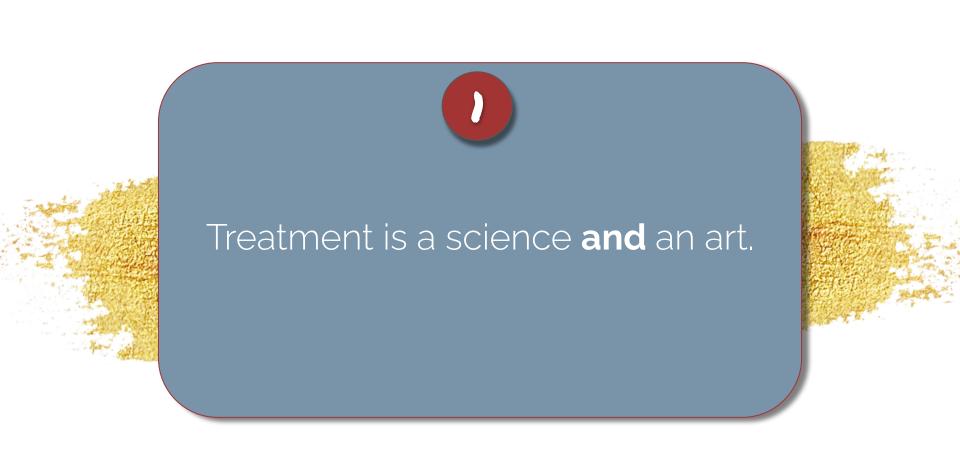
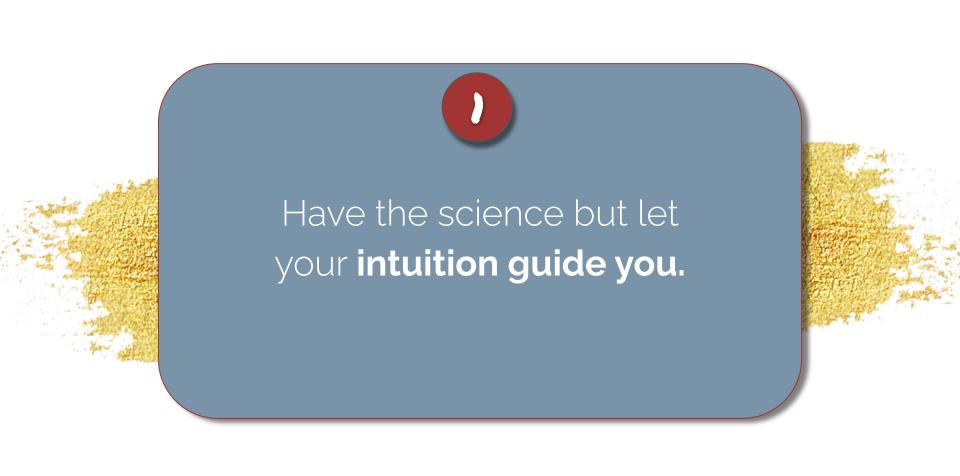
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WELCOME TO YOUR TOOLBOX









2

Treatment is always client focused.

Adjust your plan based on feedback.

Every case is different, because every client is different.



Treatment for colorectal conditions **overlap**, and therefore the tools overlap.

Tools: PHYSICAL + MANUAL

- Belly Massage 3 Ways
- Bowel Movement Stimulation
- ☐ Coordination of Breath + Pelvic Floor in Elimination
- Ileocecal Valve Release
- Manual Techniques
- Pain Management for Coccyx Pain
- Pain Management for Fissures + Hemorrhoids

- Pain Management for ProctalgiaFugax + Levator Ani
- Postural Considerations
- Perineal Splinting
- □ Self Release Techniques
- Scar Care
- ☐ Thoracic Mobility

Tools: BEHAVIORAL

- Adaptive Equipment
- □ Bowel/Bladder/Food Diary
- □ Castor Oil Packs
- Chewing Food
- Diet
- Exhale on the Exertion
- Fiber
- ☐ Gastrocolic Reflex

- Ideal Elimination Habits
- □ Ideal Elimination Posture
- Medication
- Movement + Exercise
- Supplements
- Water

Tools: PSYCHOSOCIAL

- Client's Story
- □ Nervous System + Downtraining
- Pain Science
- Sleep Hygiene
- ☐ Stress Management
- Toilet Meditation

The Functional PELVIS