



OT Elevate

WELCOME TO YOUR TOOLBOX



WELCOME

TO YOUR COLORECTAL CONDITIONS TREATMENT TOOLBOX

Physical +
Manual

Behavioral

Psychosocial



Treatment is a science **and** an art.



Have the science but let
your **intuition guide you.**

2

Treatment is always
client focused.

Adjust your plan based on feedback.

3

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 Proctalgia Fugax + 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

