

A vertical gold-colored bar with a textured, metallic appearance runs along the left edge of the slide.

OT Elevate

DEEP DIVE INTO
COLORECTAL CONDITIONS

Colorectal Conditions

Constipation

Fissures

Hemorrhoids

Anal
Fistulas

Fecal
Incontinence

Dyssynergic
Defecation

Prolapse

Levator Ani
Syndrome

Proctalgia
Fugax

IBS

Constipation

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Constipation:

When bowel movements become **less frequent** and stools become **difficult to pass.**

Symptoms:

- **Infrequent** bowel movements
- **Straining** to go
- **Hard** or **small stools**
- A sense that everything didn't come out
- **Belly bloating**

Rome IV Constipation Criteria:

- **Straining** during **more than 25% of total defecation**
- **Lumpy** or **hard stools** type 1- 2 on the Bristol more than 25% of defecation
- Sensation of **incomplete evacuation** more than 25% of defecation
- Sensation of **anorectal obstruction** or **blockage** more than 25% of defecation
- **Manual maneuvers** to facilitate more than 25% with splinting, such as with a finger
- **Fewer than three bowel movements per week** bullet
loose stools are rarely present without the use of laxatives
- Insufficient criteria for IBS

Some Causes for Constipation:

- **Changes** to diet or activities
- Not enough **water or fiber**
- **Dairy** products
- Not being active
- **Resisting** the urge to poop
- **Stress**
- Overuse of **laxatives**
- Some **medications**

More Causes for Constipation:

- Eating disorders
- **Irritable Bowel Syndrome**
- **Pregnancy**
- Problems with the **nerves and muscles** in the digestive system
- Colon cancer
- **Neurological conditions** such as Parkinson's Disease or Multiple Sclerosis
- Hypothyroidism
- Excess **calcium** in the blood



Medication + Opioid Induced Constipation

Risks For Constipation:

- **Older age**
- **Pregnancy** and **postpartum**
- Having certain **neurological** and **digestive** disorders

Constipation is one
of the most frequent
gastrointestinal complaints.

The stats are **higher**
for our clientele.



The Functional
PELVIS

