

## Biofeed exercise technique

This exercise leaflet has been produced to help you with your bowel problem. It is important you set aside approximately **10 minutes every day** (preferably half an hour after breakfast) to practice. If you have any questions or concerns, please speak to your clinical nurse specialist.

### Instructions for the Biofeed exercise technique:

#### 1. Check your position on the toilet:

- lean forward with your forearms resting on your thighs
- feet raised on a small footstool (e.g. a toddlers toilet step for instance).
- relax and lower your shoulders

#### 2. Relax:

- breathe slowly and gently
- breathe in through your nose and out through your mouth
- relax all your muscles (i.e. feel the muscles let go)

#### 3. Now try to open your bowels. This is also known as 'Brace Pump Push' technique.

- remember try **NOT** to hold your breath (*i.e. don't take a big breath in*)
- **slowly** brace (push your tummy out) outwards
- when fully braced, push/propel from your waist back and downwards into your back passage at an angle (*i.e. as if you are in a skiing position on the toilet*)
- stop pushing for one second (although you must still maintain a level of brace while you are not pushing)
- push downwards again (*remember **not** to hold your breath or take a big breath in at this point, you should carry on breathing normally*)

**Remember this will take time and practice**

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