Key Take Aways!

- The diaphragm and the pelvic floor descend together
- Constipation changes the pressure system in the abdomen not allowing the diaphragm/pelvic floor to descend which effect's the ability to evacuate properly
- The ribs posteriorly rotate causing rib flares and thoracic spine extension to accommodate the pressure in the abdomen
- Constipation affects core stability, posture and gait
- Simple screening can determine if constipation could be a source of weak core and difficulty with age-appropriate tasks

Important questions for your clients

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- Do you leak urine or feces during the day or night?
- Do you wake up wet? How frequently?
- How often do you have a bowel movement?
- Do you strain to have a bowel movement?
- Are your bowel movements soft?
- Do you wear a pad or pull up due to leaking?
- Family psychosocial environment
- Achievement of developmental milestones

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THE BRISTOL STOOL FORM SCALE (for children)

Choose your Poo!

type 1		looks like: **rabbit droppings** Separate hard lumps, like nuts (hard to pass)
type 2		looks like: **bunch of grapes** Sausage-shaped but lumpy
type 3		looks like: **corn on cob** Like a sausage but with cracks on its surface
type 4		looks like: **sausage** Like a sausage or snake, smooth and soft
type 5		looks like: **chicken nuggets** soft blobs with clear cut edges (passed easily)
type 6		looks like: **porridge** Soft blobs with clear-cut edges (passed easily)
type 7		looks like: **gravy** Watery, no solid pieces ENTIRELY LIQUID

The concept by Professor DCA Candy and Emma Davey, based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol. © 2005 Norgine Limited manufacturer of MOVICOL®-Half

MOVICOL®-Half
macrogol 3350 with electrolytes

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