

If you suffer from chronic constipation, you are not alone.

Quick facts

- 1 Approximately **20%** of adults in the United States suffer from chronic constipation.
- 2 Constipation can be serious and negatively impact a person's quality of life.
- 3 Several causes exist for chronic constipation. Talk to your doctor if your constipation is disrupting your life.

Does RED identify causes for chronic constipation?

RED testing can help your provider identify the root cause contributing to your chronic constipation.

The test can detect if your pelvic floor muscles are contributing to chronic constipation. Based on the results, your doctor can decide to focus on physical therapy or address intestinal transit through different medications.

Constipation can be a serious condition and often difficult to manage on your own

Some people experience infrequent bowel movements (less than 3 times per week), and others have difficulty emptying and experience loose stool (diarrhea).

Occasional constipation is not uncommon, but constipation lasting longer than 2 months means that it is chronic. Common causes for chronic constipation should be evaluated by a medical healthcare professional.

You shouldn't have to deal with chronic constipation alone

If chronic constipation is negatively impacting your life, a medical professional can help identify common causes and provide solution that may improve your quality of life and bring back your lifestyle.

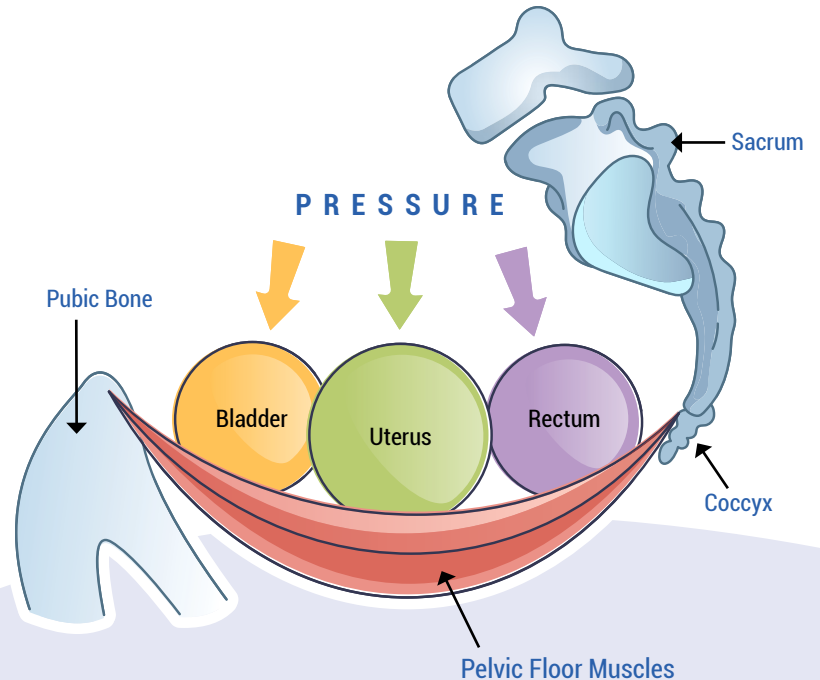


Resources & additional information

- ▶ Chronic constipation affects millions of Americans and is a common condition across the world. Online resources are available to learn more about your condition and find a community.
- ▶ **International Foundation for Gastrointestinal Disorders (IFFGD):** a reliable resource from a patient advocacy group. Intended for people affected by gastrointestinal disorders.
- ▶ **APTA Pelvic Health:** "Patient education" is a valuable resource that contains articles, handouts, and information to increase awareness of Pelvic floor PT and its importance.
- ▶ **Pelvicrehab.com:** a resource to help find trained pelvic floor physical therapists near you.

Can pelvic floor muscles be a cause for constipation?

- > Pelvic floor muscles hold up your organs from the bottom of your torso and play a very important role during bowel movements.
- > Relaxing and contracting these muscles help push out stool during defecation.
- > If these muscles are weak or not properly coordinated, the end result could be chronic constipation.
- > A problem with the pelvic floor muscles often leads to medications for constipation not being effective.



Understanding your results

RED is a quick screening test used at the point-of-care by your doctor to help identify if your pelvic floor muscles are contributing to your constipation. If there is a problem with the pelvic floor muscles, then physical therapy would be indicated to help improve your constipation.



Immediate emptying (5 seconds or less)

If RED was expelled from the rectum in less than 5 seconds, it may indicate that the cause for constipation is related to weak pelvic floor muscles. Your doctor may provide a referral to pelvic floor physical therapy to help strengthen the muscles.



Normal emptying (between 5 and 120 seconds)

If RED is pushed out within 5 and 120 seconds, then the pelvic floor muscles are unlikely to be a cause for constipation. Your doctor may change your laxative or prescribe a new medication for constipation that works for you.



Delayed emptying (after 2 minutes or unable to push out)

If RED is pushed out after 2 minutes or not able to be pushed out at all, then the problem may be that the pelvic floor muscles are weak or not able to be coordinated during a bowel movement. Your doctor may provide a referral to pelvic floor physical therapy.

Why pelvic floor therapy?

A long-term solution for chronic constipation.

Pelvic floor physical therapy (PT) is designed to address imbalances or weakness in the pelvic floor muscles with specialized training designed to improve strength, endurance, and coordination of the pelvic floor muscles.

PT not only focuses on muscles, but also the ligaments and connective tissue in the pelvic region.

Finding a physical therapist that fits your needs

Finding the right physical therapist can be challenging. Fortunately, there are many resources that provide information on providers that specialize in pelvic floor therapy.

Directory (pelvic PT clinic locations):

- > Pelvicrehab.com
- > Pelvicguru.com

Questions about treatment:

- > Pelvic Floor Rehab Blog: pelvicrehab.com/blog