

What can physical therapy do for the following:

- **Constipation and incomplete emptying?** Education on the role of the pelvic floor muscle functions when emptying the bowels. Treatment sessions focus on teaching coordination, relaxation then strengthening of muscles. They also include instruction in proper toileting postures and behavioral activities that can affect this condition. Biofeedback helps you in seeing how your muscles are working. Myofascial release and colon massage may also be included.