

Mayo Clinic Minute

Constipation concerns and women

Video	Audio
Laura Meihofers	“Roughly 42 million people suffer from constipation.”
Vivien Williams	Mayo Clinic physical therapist Laura Meihofers says many are women. Upping your intake of fiber, fluid and exercise helps. But, some women may also have issues with the relaxation and coordination of pelvic floor muscles.
Laura Meihofers Physical Therapy Mayo Clinic	“Some people, it’s that coordination piece. It’s like if you’re going to throw a baseball. There’re a lot of things that have to happen for you to toss that ball. Same thing when we have a bowel movement. There are other people who have shortened and tight muscles, and they don’t have the ability to stretch.”
Vivien Williams	Both situations make going difficult. But, both may be improved with stretching and relaxation. Meihofers’s recommendations include deep breathing, hip stretches and stomach stretches.
Laura Meihofers	“It’s hard to evacuate the stool if you can’t get that length in the muscle to have the bowel movement.”
Vivien Williams	For the Mayo Clinic News Network, I’m Vivien Williams.