



Bladder and Bowel Service

Anal sphincter exercises

Performing regular anal sphincter exercises can help improve symptoms of faecal (poo) leakage and faecal urgency. Don't worry if these exercises seem difficult at first, with practice your muscles may get stronger and the exercises will get easier.

Exercise 1

- Sit comfortably and focus on your back passage.
- Tighten and squeeze the muscles around your back passage (anal sphincter) as if you are trying to stop yourself passing wind. Can you feel your anus puckering or lifting? You may feel only a mild tightening. Hold the squeeze for ----- seconds.
- Now let go, wait 2-3 seconds and then repeat.
- Eventually you should aim to hold the squeeze for 10 seconds. Don't worry if you can only hold for a second or two. This should improve with time.
- Repeat this exercise 5-10 times.
- Rest for 30 seconds before moving to exercise 2.

Exercise 2

- Fast squeezes. Squeeze your sphincter muscles and let go straight away.
- Repeat 10 times if you can.



Exercise 3

- You need your sphincter muscles to be able to hold on for up to 30 seconds to help you put off needing the toilet.
- Gently squeeze your sphincter muscles. Aim for 30% of your maximum squeeze.
- Try to hold the squeeze for longer time. Aim for 30 seconds.
- Repeat 5 times.

Perform all three exercises 3 or 4 times per day, in different positions such as sitting, lying and standing. You should start to notice an improvement in your symptoms within 2-3 months.

- If you stop doing the exercises your anal sphincter muscles will become weaker.
- Once your muscle strength has improved, It is important that you continue to do the exercises once or twice a day to maintain strength.

If you have any concerns, please see your specialist nurse/physiotherapist.



Contact us

**For further information
please contact:**

Bladder and Bowel Service

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Let us know what you think...

You can contact a CHCP Customer Care Advisor if you have a comment, concern, compliment or complaint by writing to:

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