

Rehabilitation for Fecal Incontinence Medical and Health Sciences

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Abstract

Fecal incontinence is the accidental passing of solid or liquid stool or mucus from the rectum. It is upsetting and embarrassing problem leads that many people with fecal incontinence feel ashamed and try to hide the problem. Fecal incontinence is often caused by a medical problem and treatment is available and seeking help from health care provider is essential. One of the treatment options is the physiotherapy rehabilitation which provides many modalities. Some of these modalities are the pelvic floor exercises, biofeedback and interferential current stimulation. Electrical stimulation is one of the effective methods to rehabilitate weak muscles through increasing of the blood flow, decrease the muscle flexibility and increase the nerves conduction. Anal rectal stimulation is a direct stimulation to the weak pelvic floor muscles and may apply the aforementioned benefits to these muscles to augment the rehabilitation efficacy and hence control the fecal incontinence.