

Physical Ways Of

# Relieving Constipation

In Children



Try exercises that require constant leg movement, such as bicycling and walking.

Certain Yoga poses may help exercise multiple muscles, easing constipation.



Some children may find relief from constipation by using a squat toilet.

Using a stool to hold the feet up while seated on the toilet can relax abdominal muscles, helping pass stools more easily.



Exercises involving squatting and abdominal crunches contract abdominal and hip muscles. This may help lead to an urge to pass stools.

## References

1. Constipation; Seattle Children's Hospital
2. Constipation and the Pelvic Floor Muscles; BIDMC
3. Top 7 Yoga Poses for Constipation Relief; The Yoga Institute