

**Mayo Clinic Medical Edge**  
**Pelvic Floor Incoordination**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WHEN IT COMES TO CONSTIPATION, IT SEEMS LIKE EVERYTHING IS FOCUSED ON BEING "REGULAR".
<b>Nicholas Talley, M.D.</b> <b>Track 1 (1:45)</b>	"HOWEVER, THE MAJORITY OF PEOPLE WHO HAVE CLINICALLY SIGNIFICANT CONSTIPATION SYMPTOMS HAVE NORMAL BOWEL FREQUENCY AND WHAT THEY'RE REALLY COMPLAINING ABOUT IS STRAINING OR PASSING VERY HARD STOOLS OR JUST DIFFICULTY MOVING THE STOOLS OUT WHEN THEY'D LIKE TO."
	ACCORDING TO MAYO CLINIC DR

	<p>NICHOLAS TALLEY, MANY OF THESE PATIENTS HAVE A PROBLEM WITH MUSCLE RELAXATION CALLED PELVIC FLOOR IN-COORDINATION.</p>
<p><b>Dr. Talley</b> <b>Track 1 (5:05)</b></p>	<p>“BASICALLY THAT MEANS THE MUSCLES AROUND THE ANAL AREA—THE PELVIC FLOOR MUSCLES—JUST AREN’T RELAXING WHEN THEY NEED TO.”</p>
	<p>TESTS CAN CONFIRM THE CONDITION. AT THAT POINT, DR. TALLEY OFTEN PRESCRIBES A VERY EFFECTIVE TREATMENT CALLED BIO-FEEDBACK. IT HELPS YOU LEARN HOW TO RELAX THOSE MUSCLES ALLOWING THINGS TO MOVE MORE SMOOTHLY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>
