

GOOD SITTING POSITION TO HELP OPEN YOUR BOWELS

There is no right or wrong way to sit on the toilet; however, adopting a good sitting position may help if you are finding it difficult to pass a poo. A good sitting position is one that approaches a squatting position.

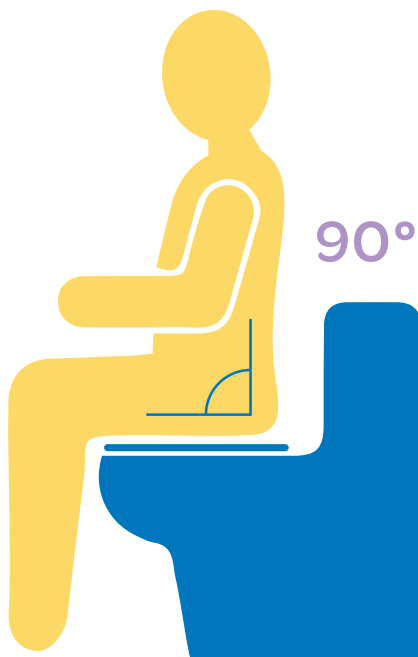
- 1 Lean forward when sitting on the toilet, with elbows resting just above your knees, so your back is at around a 35° angle to your thighs.
- 2 Place your feet on the ground or on a footstool, so your knees are a little higher than your hips.

It is like adopting 'The Thinker' position.

This makes it easier to pass a poo compared to sitting upright (with your back at a 90° angle).

NOT IDEAL SITTING POSITION

✗ Sitting upright at 90°



GOOD SITTING POSITION

✓ Leaning forward 35°

