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The following slides were presented during the educational portion of IFFGD's 2020 Virtual Advocacy Event. To view this presentation and the all videos available during this program, please visit https://bit.ly/Adv_Edu.

Be Active. Be Heard. Make a Difference.

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INTRODUCTION TO EXERCISE FOR YOUR GASTROINTESTINAL HEALTH

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GENERAL HEALTH BENEFITS FROM EXERCISE

- Reduce risk of cardiovascular and endocrine disease
- Muscle and bone health
- Improved sleep, reduce anxiety and depression



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IMPACT OF EXERCISE ON GI SYSTEM

- Exercise can improve gastric emptying and lower the risk of colon cancer
- Light to Moderate Exercise
 - is typically well tolerated and beneficial for patients with inflammatory bowel disease and liver disease
- Severe exhaustive exercise
 - Inhibits gastric emptying
 - Interferes with gastrointestinal absorption
 - Causes many GI symptoms- nausea, reflux, abdominal cramping, occasionally gastrointestinal bleeding

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IMPACT OF EXERCISE ON GI SYSTEM

- GERD is common especially amongst trained and non trained runners
- Strenuous exercise can cause belching, abdominal fullness, regurgitation, heartburn and chest pain in up to 45-90% of athletes
- Running is a vigorous exercise and has high degree of body movement and according to studies show the most reflux in duration and frequency



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IMPACT OF EXERCISE ON GI SYSTEM

- Stationary biking achieves aerobic training with little body agitation and according to studies show the least amount of reflux



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HOW DO I REDUCE SYMPTOMS OF GERD WITH EXERCISE?

- Don't eat right before you exercise, fasting recommended before exercise
- Cycling recommended instead of running due to less body movement



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WHAT'S THE EVIDENCE SAY FOR INFLAMMATORY BOWEL DISEASE (IBD) AND CROHN'S DISEASE

- IBD – is an umbrella term used to describe disorders that cause chronic inflammation of the GI tract
- Types of IBD:
 - Crohn's disease- inflammation of the lining of the digestive tract which spreads deep into affected tissues
 - Ulcerative Colitis – causes long-lasting inflammation and sores (ulcers) in lining of large intestine
- Low intensity/low impact exercise in moderate duration for example light walking 3x/week showed general health, quality of life and perceived stress significantly improved without disease exacerbation.



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EXERCISE AND GASTRIC EMPTYING

- Gastric emptying is the time it takes for food to empty from the stomach into your small intestines
- Low intensity exercise has been shown to accelerate gastric emptying whereas vigorous exercise slows it down

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CONSTIPATION AND GASTROINTESTINAL MOTILITY WITH EXERCISE

- Gastrointestinal (GI) motility is how quickly food moves through our digestive system
- There is some research that supports low intensity physical activity as a treatment for some types of constipation.
- Walking, biking, swimming
- Yoga with diaphragmatic (belly) breathing



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DIARRHEA AND URGENCY WITH EXERCISE

- Diarrhea and urgency (needing to quickly find bathroom within minutes after feeling urge to poop) can occur with long distance or marathon runners
- During extreme exertion there is decrease in blood flow to small and large intestine which can decrease absorption of nutrients and impair water reabsorption causing diarrhea
- If you have bleeding and persistent diarrhea you should consult your physician as this could be a more severe condition
- If symptoms are mild, alter exercise routine and reduce exertion see if symptoms improve

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WHAT'S MY TARGET INTENSITY WITH EXERCISE?

<i>Rating of Perceived Exertion Borg RPE Scale</i>		
6		How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
7	Very, very light	
8		
9	Very light	
10		Target range: How you should feel with exercise or activity.
11	Fairly light	
12		
13	Somewhat hard	
14		
15	Hard	
16		
17	Very hard	How you felt with the hardest work you have ever done.
18		
19	Very, very hard	Don't work this hard!
20	Maximum exertion	

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NOW LET'S PUT IT ALL TOGETHER!

- Find an exercise you enjoy!
- Mix it up but be consistent and exercise most days of the week for 30 minutes
- Achieve an intensity with exercise that is somewhat challenging but you could still carry on a conversation
- Need motivation find someone to exercise with or set simple goals for yourself to begin with that you know you can achieve
- Listen to your body, if you are in pain and feeling GI symptoms are getting worse then back down on intensity.
- If symptoms persist with exercise consult your physician

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WHAT CAN PHYSICAL THERAPY DO FOR BOWEL DYSFUNCTION?

- Your pelvic floor muscles play an important role in maintaining bowel, bladder continence, provide support to our pelvic floor organs and aid in sexual function
- If you are experiencing the following bowel symptoms you can ask your physician, physician assistant, midwife or nurse practitioner for a referral to see a pelvic floor physical therapist:
 - Excessive straining with bowels movements and incomplete emptying
 - Have the urge to poop but no success
 - Pain prior to, during or after bowel movement in the rectal region and/or abdomen
 - Uncontrollable gas
 - Leakage of stool that occurs with or without warning
 - A feeling that part of your rectum is falling out after having bowel movement

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HOW TO FIND A PELVIC FLOOR PHYSICAL THERAPIST NEAR ME



www.aptafelvichealth.org

www.pelvicguru.com

www.hermanwallace.com

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RESOURCES

National Institute of Diabetes & Digestive Kidney Disease www.niddk.nih.gov

International Foundation for Functional Gastrointestinal Disorders www.iffgd.org

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