

Colon Clinic

As a combined team of Physiotherapists and Dieticians with an interest in pelvic functionality we are excited to announce the opening of the Colon Clinic at Mediclinic Kloof.

Consulting with doctors and patients in hospital and private practice we have discovered the pressing need for a specialized clinic dealing with a wide spectrum of adult and paediatric bowel and pelvic problems.

The goal is to support practices where patients present with:

- Pelvic pain and dysfunction
- Poor diet & fluid intake or poor bowel habits
- The need for post-op bowel training
- Urinary and faecal incontinence
- Spinal cord injuries affecting bowel and bladder function
- Interstitial bladder syndrome
- Complicated colon dysfunction due to chronic pain medication
- IBS/IBD and endometriosis
- Paediatric faecal loading and withholding behaviour
- Potty-training problems
- Bedwetting (enuresis)



Dietetic Focus

1. Lifestyle and diet advice
2. Diet troubleshooting: evaluating intake and identifying problem food
3. Planning and implementing customized therapeutic bowel diets
4. Providing ongoing support to patients regarding food choice and menu planning
5. Identifying and explaining safe colon support (stool softeners, osmotic laxatives, cleaning protocol etc.)

Physiotherapy Focus

1. Education and strategies for correct defaecation dynamics
2. Education and awareness of pelvic floor muscle function and mechanics
3. Education regarding correct bladder and bowel mechanics and behaviour
4. Normalising pelvic floor muscle tone and function
5. Relaxation strategies
6. Biofeedback via EMG and real time ultrasound

The desired outcome would be to assemble a tool kit for each patient to successfully and safely manage their unique colonic challenges.