

Move your bum with the bump



The 1, 2, 3, 4 of haemorrhoids



Haemorrhoids are **SWOLLEN, INFLAMED VEINS** around your anus or lower part of your rectum.¹ External haemorrhoids form **under the skin** around your anus and internal haemorrhoids form **in the lining** of your anus and lower rectum.^{1,2}

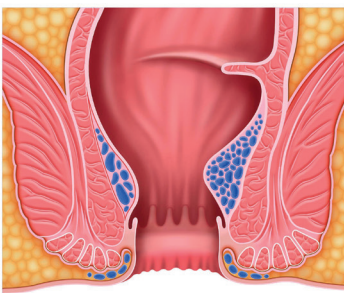
With **EXTERNAL HAEMORRHOIDS** you may experience **anal itching, one or more hard tender lumps near your anus or anal pain**, especially when sitting. Be careful of too much straining, rubbing or cleaning around your anus as this may make your symptoms worse. The symptoms of external haemorrhoids usually go away within a few days.¹



With **INTERNAL HAEMORRHOIDS** you may have **bleeding** from your rectum. Bright red blood will be in your stool, toilet paper or in the toilet after bowel movement. Your haemorrhoids may also **PROLAPSE** (fallen through your anal opening). Internal haemorrhoids are usually painless but if they prolapse, they can cause pain and discomfort.¹

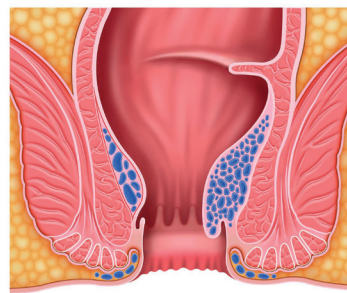
There is another type of haemorrhoid called the **THROMBOSED HAEMORRHOID**. This is when blood pools in an external haemorrhoid and forms a **blood clot (thrombus)** which can cause **severe pain, swelling, inflammation and a hard lump** near your anus.²

Internal Haemorrhoids are further classified into 4 grades:³



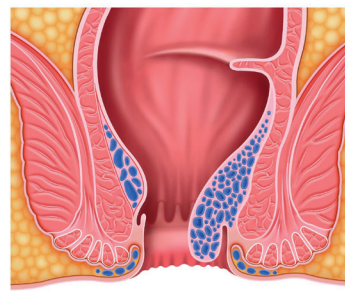
Grade I:

Haemorrhoids bleed but do not prolapse.



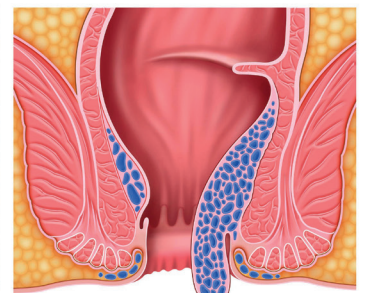
Grade II:

Haemorrhoids prolapse outside the anal canal but reduce spontaneously.



Grade III:

Haemorrhoids protrude outside the anal canal and usually require manual reduction.



Grade IV:

Haemorrhoids are irreducible and constantly prolapsed.

Exercise can help prevent you from **getting constipated** and **reduce the pressure** on the veins, which can occur with long periods of standing or sitting.²

Help is on its way!

Exercising improves the **blood circulation** to different parts of your body **transporting nutrients**, which **strengthens** the rectal blood vessels and veins as well as **reducing inflammation** in the anal region.⁴

Exercise that improves muscle tone is very helpful in preventing haemorrhoids. **Swimming, running, walking and aerobics** are the best activities for muscle toning. **Sphincter exercise** is another way to help prevent the development of haemorrhoids.⁴



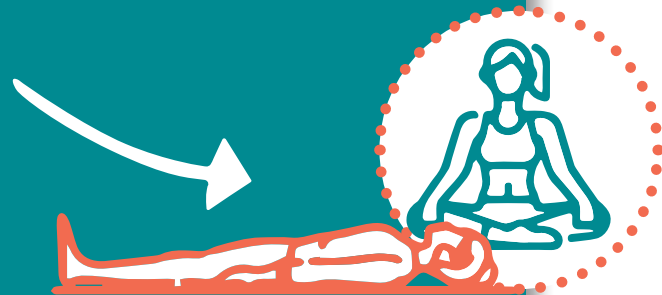
Don't let the bump stop you from exercising.

Try the following exercises but be sure not to exclude **water** and a **healthy diet**.

PELVIC FLOOR EXERCISES

Strengthening your pelvic floor muscles can make it easier to pass stool, relax your anal sphincter and prevent straining.⁵

- 1 Lie on your back or sit.
- 2 Contract your anal muscles as though you're stopping yourself from passing gas.
- 3 Hold this contraction for 5 seconds.
- 4 Relax for 10 seconds.
- 5 Repeat 5 times.
- 6 Repeat with only half of your strength.
- 7 Squeeze and relax muscles as fast as you can.
- 8 Continue for as long as possible.
- 9 Try to do this exercise 2 to 4 times throughout your day.



DEEP BREATHING

Helps to alleviate pelvic floor muscle tension and promote relaxation.⁵

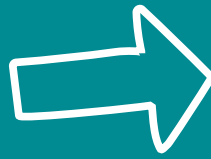
- 1 Sit up straight and place your hands above your waist on either side of your lower rib cage.
- 2 With each inhale, breathe deeply into your abdomen, allowing your belly to expand.
- 3 With each exhale, draw your navel toward your spine.
- 4 Continue for up to 5 minutes.



CHILD'S POSE (BALASANA)

This pose helps to increase circulation around your anus and relieve constipation while relaxing your lower back, hips and legs.⁵

- 1 Start on your hands and knees.
- 2 Sit back, placing your hips on your heels.
- 3 Extend your arms in front of you or relax them alongside your body.
- 4 Rest in this position for up to 5 minutes.



KEGEL EXERCISE



Gradually lifts the sphincter muscle, thus remedy your haemorrhoids.⁴

- 1 Stand erect.
- 2 Gradually rise on the toes.
- 3 At the same time, raising the hands slowly from the side.
- 4 Extend arms until they are high above the head.
- 5 Then bend forward as if trying to touch the floor with fingertips.
- 6 Exercise several times per day and very slowly.



Don't let haemorrhoids hold you back from your physical activities.

is one way of helping you to **ease or prevent your haemorrhoids**⁴

So get on that treadmill, jump in the pool or go for a walk and don't sit for a long period of time.



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References: 1. Medline Plus. Hemorrhoids. [Updated 24 August 2020; Cited on 28 July 2022]. Available from: <https://medlineplus.gov/ency/article/000292.htm>. 2. Mayo Clinic. Hemorrhoids. [Updated 12 May 2021; Cited on 28 July 2022]. Available from: <https://www.mayoclinic.org/diseases-conditions/hemorrhoids/symptoms-causes/syc-20360268>. 3. Mayo Clinic. Digestive Diseases Hemorrhoidal disease: Diagnosis and management. [Updated 13 May 2016; Cited on 28 July 2022]. Available from: <https://www.mayoclinic.org/medical-professionals/digestive-diseases/news/hemorrhoidal-disease-diagnosis-and-management/mac-20430067>. 4. Ali ZH, El-Sayed N, Taha NM. Effect of Conservative Measures in Improving Hemorrhoid Stages and Relieving Symptoms among Patients with Hemorrhoid. *Journal of American Science* 2011;7(9):53-65. 5. Healthline. 6 Exercises to Treat (and Prevent) Hemorrhoids. [Updated 14 October 2020; Cited on 28 July 2022]. <https://www.healthline.com/health/exercises-for-hemorrhoids>.

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