

LAB: External Anal Sphincter

INTENTION: To release tone in external anal sphincter muscle.



PATIENT POSITION	Supine
HAND POSITION	Index finger on perineal body and thumb on external anal sphincter. Other hand fingers on tailbone.
DIRECTION OF MOTION	Use a pinching pressure to check out connection between fingers, then take thumb and press around the clock of the anus feeling for any knots or restrictions in the sphincter
ASSESSMENT	To feel if any restriction/tone in perineal body tissue and in anal sphincter muscles. To make sure EAS is closed tight.
TREATMENT	Find knots in anal sphincter and compress between perineal body and anus to release upper half of sphincter and just press into knots in lower half with your fingernail until release is felt. Fingers of outside hand on coccyx compressing toward ceiling for release.

Special Notes: May need several rounds of assessment, treatment and reassessment to clear EAS.