PPT intake

medical history
- Including micturition, pain, comorbidity and family history

PTT-PE
- Balance and stability
- Breathing
- Straining to defaecate
- Beighton hyper mobility score

PTT-PFE
- Digital testing
- Myofeedback
- Rectal balloon catheter

PPT intervention

education and exercises
- laxatives
- MDD
- information and demystification
- food and drink
- physical activity
- start TT – body posture

education and exercises
- laxatives
- MDD
- TT - body posture - straining to defaecate - PFMT**

education and exercises
- laxatives
- MDD
- TT - straining to defaecate - relaxation and breathing - PFMT** - balance and stability training

education and exercises
- laxatives
- MDD
- TT - straining to defaecate - relaxation and breathing - PFMT** - balance and stability training

education and exercises
- laxatives
- MDD
- TT - relaxation and breathing - PFMT** - balance and stability training

education and exercises
- laxatives
- MDD
- TT - body posture - straining to defaecate - relaxation and breathing - FMT** - balance and stability training

* Protocol deviations should be avoided unless there are urgent reasons for them

** Pelvic floor exercises include exercise therapy, MF and RBT. MT and/or RBT training is only applied in case of dysfunctional pelvic floor muscles