

# Hemorrhoids and Exercise: Exercise Your Piles Away

**H**emorrhoids and exercise is an uncommon pair. But did you know that exercise is an effective measure to treat hemorrhoids? Hemorrhoids are cushion-like veins found in the perianal area. In the normal state, they are responsible in controlling stool passage. But due to wear-and-tear, they become inflamed and swollen that often cause pain, itching and burning up to be able to the individual. There are two types of this disease. The first kind of is known as **internal hemorrhoids**.



## They Involve Visceral Nerves of the Perianal Area

Usually, this type is painless but is followed by bleeding. The bleeding is usually found in the bar stool, tissue paper, or and/or toilet bowl during **bowel** movement. On the other hand, the second type is called **external hemorrhoids**. Unlike the former, they are very painful but are not seen as an bleeding. Instead of bleeding, this type is actually characterized by blood clots.

- Exercise can greatly improve the condition of the disease.
- There are a lot of exercises that can handle them.
- Here are a few exercises for you to further understand the relationship of hemorrhoids and exercise.

## The First Exercise is Called Trunk Presses

This exercise is very ideal because it does not require much effort. It is ideal for people who are not into exercising. It can also be done anytime and anywhere. To do this work out, simply tighten the muscles in your buttocks as you do breathing exercises.

## The 2Nd Exercise is Called Waist Stretch Out

This specifically treats the external type. It strengthens the anal sphincter. To do this, stand barefoot and slowly go on tip-toes. While doing this, slowly raise your arms up to where you can. Next, bend your midsection forward slowly and touch your toes. Do this around two to four times a day.

## Swimming is Also a Great Exercise for the Treatment of the Disease

Not only is it pleasurable, it also enhances blood circulation and tones the muscles. It also intensifies blood flow to the anus and rectum. This improves nutrient as well as oxygen delivery to the rectum and anal area. Generally, it reduces the risk of developing hemorrhoids. All cardio activities have the aforementioned outcomes. Examples of cardiovascular activities tend to be walking, swimming, aerobics, Pilates as well as swimming.

## As Mentioned, Walking is Good for Treating Hemorrhoids

Do brisk walking daily for at least 30 minutes. This will improve blood circulation as well as can also increase metabolic rate. But if you do not have much time, that you can do three 10-minute brisk walks every day.

## But Not All Exercises can be Used as a Treatment

There are strenuous activities that can further aggravate the condition of the disease. Do not engage in workouts that require significantly effort. While suffering with the disease, it is advised to prevent weight lifting and training. Although bicycling is considered as a cardio activity, it can exacerbate your condition. As much as possible, avoid biking.

- Hemorrhoids and exercise though very disconnected concepts, can still have significant effect between each other.
- Exercise is an integral part of one's health and wellness program.
- But one should keep in mind that there are certain exercise limits that should be considered when struggling with a particular condition.

For more info on how you can stay fit whilst dealing with your hemorrhoids please visit <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

For French visit <http://traiter-les-hemorroides-naturellement.blogspot.com> and <http://hemorroide-faits-traitements.blogspot.com>.

For Speaking spanish visit <http://tratamiento-de-las-hemorroides.blogspot.com> For Italian visit <http://come-curare-emorroidi-modo-naturale.blogspot.com>.

## For German Born Visit [Http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com](http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com)

For Portuguese visit <http://como-curar-hemorroida-naturalmente.blogspot.com>.

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