



Normal Values

Test		Male	Female < 50 years	Females ≥ 50 Years
Resting	Anal	64 – 88 mmHg	58 – 90 mmHg	44 – 59 mmHg
Squeeze	Anal	174 mmHg & Higher	123 mmHg & Higher	99 mmHg & Higher
Expel Empty	Adjusted Rectal	45 – 80 mmHg	22 – 49 mmHg	40 – 71 mmHg
	Anal	55 – 86 mmHg	56 – 81 mmHg	52 – 76 mmHg
Expel Full	Adjusted Rectal	65 – 127 mmHg	35 – 83 mmHg	65 – 130mmHg
	Anal	51 – 81 mmHg	47 -75 mmHg	45 – 70 mmHg
Sensation				
First Sensation		30 – 58 ml (cc)	30 – 60 ml (cc)	30 – 60 ml (cc)
Desire to Defecate		60 – 100 ml (cc)	60 – 108 ml (cc)	60 – 93 ml (cc)
Urgency		100 – 170 ml (cc)	100 – 160 ml (cc)	88 – 153 ml (cc)
Pain		130 – 180 ml (cc)	110 – 170 ml (cc)	100 – 155 ml (cc)

Note: Many patients will not exert full rectal pressure during Expel Exercises for fear of accidentally passing gas or stool. This may result in a false negative gradient (Rectal to Anal pressures). Encourage patients to truly try expelling the balloon.

Values derived from:

“A multicenter study of anorectal pressures and rectal sensation measured with portable manometry in healthy women and men.”

Sharma M, Lowry AC, Rao SS, Bharucha AE, Whitehead WE, et al.
Neurogastroenterology & Motility. 2021;00:e14067

