

Explanation of procedure:

Muscle testing of the pelvic floor will be performed. The procedure is not uncomfortable. The muscle testing is important because no two people are exactly alike. The level of exercises we recommend will be based on the muscle testing. If too many exercises are performed it may actually tire the muscle. If not enough are performed the muscle will not improve.

For Females:

A small sensor is placed in the rectal opening and you will be asked to tighten the rectal muscles as if you were holding back gas. The reason for these instructions is all the pelvic floor muscles attach into the rectum. Therefore it is easier to contract the larger muscle of the rectum and it automatically tightens the rest of the muscles which control bladder leaking or urinary frequency and urgency. Sometimes a small sensor (like a tampon) is placed in the vagina and the same instructions are given as above. You will see on the computer how well you are contracting the muscles and if you are doing them correctly.

For Males:

A small sensor is placed in the rectal opening and you will be asked to tighten the rectal muscle as if you were holding back gas. The reason for these instructions is all the pelvic floor muscles attach into the rectum. Therefore it is easier to contract the larger muscle of the rectum and it automatically tightens the rest of the muscles, which control bladder leaking or urinary frequency and urgency. You will see on the computer how well you are contracting the muscles and if you are doing them correctly.

For both males and females:

Stimulation to the muscle is performed, if indicated. You will feel a gentle tapping sensation and the feel the muscle contract. This is not uncomfortable for most people. This is the same type of therapy used for other muscles in the body to help them get stronger faster. It also helps those people who have difficulty with urgency and frequency by helping control the bladder. You will see your progress plotted out on the computer as you return for follow up visits.

You will be given exercises to do at home along with some dietary changes that may need to be made. These exercises take only five to ten minutes a day. Many patients who receive this treatment also see improvements in their bowel function and relief of problems with constipation. We look forward to helping you take part in your improvement of symptoms and quality of life.

Donna Canada, R.N., C.U.R.N.

Biofeedback is indicated for:

- *Urinary Incontinence: Stress, Urge and Mixed type incontinence
- *Neuromuscular Reeducation
- *Fecal incontinence

CONTRAINDICATIONS:

- *Active Infection
- *Severe pelvic pain
- *Pregnancy
- *Postpartum or Post Surgical (6 weeks)
- *Atrophic Vaginitis
- *Dyspareunia (painful intercourse)
- *Menstrual Period (please reschedule if you are on your period)
- *Pacemaker