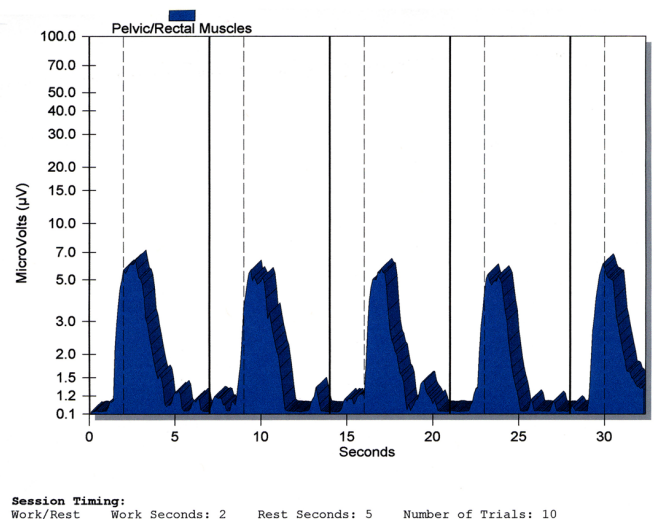


# Pelvic Floor Muscle Training with Biofeedback

Biofeedback is a painless, effective way to help you find, strengthen and relax your pelvic floor muscles. Most men and women do not exercise these muscles the right way. Biofeedback can help you learn the location of these muscles and how to use them to prevent bladder leaks (urinary incontinence), bladder or bowel urgency, and frequency. It is also used to help improve pelvic pain. Using biofeedback to retrain these muscles has been shown to help 8 out of 10 people and is the recommended “first-line” treatment for bladder and pelvic problems.

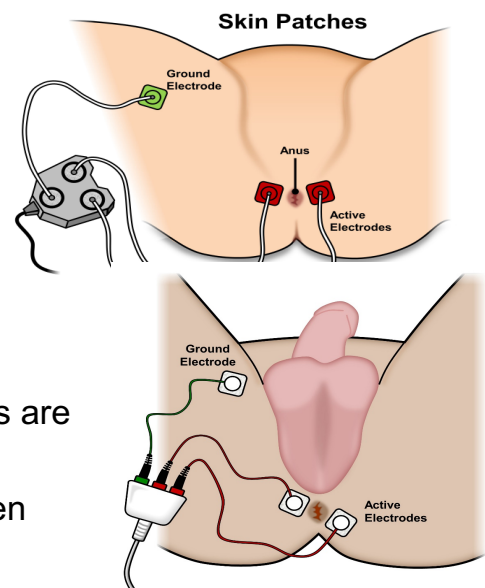
## WHAT IS BIOFEEDBACK?

Biofeedback shows your muscle when you squeeze or tighten the right muscle. Much like an athlete uses special equipment to train; you can use biofeedback to reach a new level of strength in your pelvic muscles. Biofeedback uses a computer that records your muscle activity. As shown in the picture to the right, the monitor shows your muscle contracting, relaxing, and measure your muscle strength. It uses computer-generated graphs that are displayed on the monitor. You will look at the monitor to see how you are doing with contracting (squeezing) and relaxing your muscles. Biofeedback teaches you squeeze the right muscles. Biofeedback can also use sound to help you identify the muscles you are to train.



## HOW IS IT DONE?

There are 2 different ways to provide the “feedback”. One way is to stick 2 “skin patches” next to your anus (the opening to your rectum) and you can see in the pictures to the right. A second way is to put in a sensor in your vagina (used in women) or your rectum (used in men or women). Either way, these will pick up signals from your muscle and measure the muscle contraction and relaxation. The sensors are connected to a cable from the computer which displays your muscle changes on a monitor. You will immediately see when you are contracting the correct set of muscles and doing the exercise the right way. You will be able to follow your progress as your pelvic floor muscles gets stronger with each Biofeedback session.



# **Pelvic Floor Muscle Training with Biofeedback**

## **HOW LONG IS EACH BIOFEEDBACK VISIT?**

A biofeedback session is usually 20 to 30 minutes long but your first visit may be as long as 45 minutes as it includes counseling and education. If you have bladder urgency and frequency you will also receive dietary recommendations and bladder training.

## **HOW MANY BIOFEEDBACK VISITS WILL I NEED?**

To get the best results, you should have Biofeedback visits over 3-6-months and the number of follow-up treatments will depend on your symptom improvement. If you are having prostate surgery, you may consider having biofeedback before your surgery and with a week after your surgery. But the frequency of these visits will be based on your muscle assessment at your first visit. In the beginning, you may need to come more often. You will be given an “Exercise Prescription” to follow at home. You may also be asked to keep a Bladder Diary. Your progress will be discussed during your office visits and the Biofeedback will show you how your muscle is progressing.