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## **BIOFEEDBACK – Pelvic floor therapy for incontinence**

### **What does this non-surgical treatment entail?**

Once your urologist determines that you will benefit from this therapy, you will meet with our nurse specialist, who will then determine your treatment protocol. In most cases, a sensor will be inserted intra -vaginally for women, rectally for men. You will be asked to contract your pelvic floor muscles around the sensor. During this process, small electrode patches (similar to EKG patches) attached to your abdomen, will tell the nurse if you are tensing or using or abdominal muscles. A computer is used to provide visual feedback to you and the nurse on how you are performing these exercises. The nurse will explain what is revealed on the computer and help you become more comfortable with identifying your pelvic floor muscles. These measures will assist you in achieving the bladder and / or bowel control you desire. The tracings on the computer are not complicated and are easy to understand. After you and your nurse establish your exercises ability level, she will send you home with a treatment plan and exercise program that is specially suited for you. The plan will be revised during subsequent sessions as you improve and begin to master these exercises.

Another part of the treatment may include electrical stimulation, in which a sensor emits a slight pulse that causes your pelvic floor to contract on its own. This procedure is part of the protocol and is painless. It helps reconditions the pelvic floor muscles.

The success of this treatment depends on your own actions. You will be asked to do daily exercises at home to help further strengthen your muscles. For optimum results, it is important that you remain motivated and follow through with the treatment plan. You must use the information you learn during biofeedback and practice at home. Following the plan that is especially designed for you will help you take the steps necessary towards a continent lifestyle. Your nurse will also review with you other contributing factors, such as your diet, medications and life habits. These individualized sessions with your nurse are usually about 45 minutes long.



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**Does this therapy really work?**

The majority of patients report significant improvement or complete recovery of urine control within 4-6 weeks. Of course, success rate and recovery time vary based on your individual condition. Pelvic floor rehabilitation is completely safe and produces NO harmful side effects. The equipment used is designed to provide the most effective and comfortable treatment, and has passed rigorous FDA testing.

**What is the cost of Pelvic Floor Rehabilitation?**

While most insurance plans and Medicare cover the cost of the treatment sessions, these carriers may not pay for the individual sensor needed to provide the therapy. You will be therefore required to sign a waiver that you be personally responsible for the cost of the probe at a nominal fee in the event that your insurance does not cover this piece of equipment, prior to the commencement of therapy.