

## What is expected of you

Your physician will determine what “type” of pelvic floor therapy you will need. During your office visit be sure to ask any questions.

Plan to stay 1 hour for your first appointment. The proceeding visits may be less then an hour.

It is a good idea to wear comfortable clothing to your therapy session, and if you use pads or absorbent products please bring a replacement with you.

You will receive home work assignments to continue your new exercise program at home. A person who does their homework always gets better results.

You will be asked to keep a record of you bladder habits.

If you have any questions please call the office. We would be happy to assist you with the program.

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# Biofeedback Therapy



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**Compassionate Care  
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## **Introduction**

This conservative, non-surgical therapy is used to treat incontinence, urgency, pelvic pain, or to re-educate the pelvic floor muscle to restore and maintain bladder health. The procedure tech will educate, evaluate, and instruct you on proper isolation and exercise of your pelvic floor muscles.

## **Kegel Exercises**

Often people attempt to exercise the pelvic floor by performing “Kegel exercises”, but do not realize that they are performing these exercises improperly, and therefore are not making progress. With the guidance of trained healthcare professionals biofeedback offers a clear visual reinforcement of the accuracy and effectiveness of muscle exercise to obtain optimal results.

## **Biofeedback Muscle Exercise Therapy**

Using biofeedback technology, a computer recorder monitors the strength of your pelvic muscles and your progress throughout the therapy. The computerized technology allows you to immediately see the results as you contract and relax the correct group of muscles according to a preset pattern of exercises.

Think of this as your personal trainer while you “do a circuit” of exercises just as they do for muscles in the fitness centers. You will learn skills that will enable you to continue maintaining pelvic floor health throughout your life.

## **Electrical Stimulation during Biofeedback Therapy**

Your physician may decide that your pelvic floor muscles could benefit from an extra boost of exercise which can be provided by directly stimulating these muscles. A very mild electrical stimulation causes the muscle to contract without your direct effort. Many people also report this offers a sensation that guides them in identifying the correct muscles to contract. The stimulation often is described as a tingling sensation – this is not painful- and is always adjusted to your specific comfort.

## **What to expect**

With each visit, you will consult with the procedure technician about your progress and discuss your therapy regimen.

Typically this therapy consists of weekly sessions for 6 weeks. The first session will last about one hour while the remaining sessions will last less than an hour.

A small medical device called a probe may be inserted vaginally or rectally to allow direct assessment of the pelvic floor muscles. Also adhesive patches may be placed on your abdominal muscles so that you can be assured that only the desired muscles contract while exercising.

This probe and the patches are to be cleaned and re-used for each therapy session. We will store them for you so they will be available for each session.