

PELVIC MUSCLE REHABILITATION

Pelvic muscle rehabilitation is a group of techniques used to help regain control of bladder or bowel problems. This group of techniques is called behavior therapy.

What is behavior therapy?

Behavior techniques help you learn ways to control your bladder, bowel and sphincter muscles (special muscles for bladder and bowel control). Behavior techniques are safe and do not have side effects. Biofeedback is a major part of pelvic muscle rehabilitation.

What is biofeedback?

Biofeedback is a process of teaching people how to control some of the things in the body we once thought were not in our control. Biofeedback instruments monitor and display the muscle activity on a monitor. Special sensors measure the muscle activity of the pelvic floor. Another set of 3 patch sensors are placed on the abdomen. This helps make sure that the abdominal muscle activity is not interfering with the pelvic floor muscles.

A nurse trained in biofeedback techniques will use this information about the muscle activity to help guide you through your own rehabilitation program.

Practicing the techniques and exercises at home are very important to success.

How long does biofeedback last?

Each session lasts an hour and is scheduled weekly. As you improve, there will be more time between appointments. Generally success is seen in 2 to 3 months.

Are there other parts to pelvic muscle rehabilitation?

To develop a special program just for you, your medical history will be reviewed. Special attention will be given to your bladder and/or bowel problems. You may be asked to keep a diary of your bladder and bowel functions and problems. Depending on your problem other logs for diet and the amount of liquids you drink may be needed.

Daily home exercise is essential to the learning of these new skills. You may have a home trainer prescribed for you to use.

Does insurance cover this therapy?

Most insurance companies cover this therapy.