BIOFEEDBACK FOR THE PELVIC FLOOR MUSCLES

WHAT IS BIOFEEDBACK?

Biofeedback, also called Surface Electromyography (SEMG), is a learning technique that utilizes specialized equipment to assist a person in gaining control of natural body functions. It involves the monitoring of a life process (bio) and the return of that information to the patient and therapist in a meaningful form (feedback).

Biofeedback training uses sensitive equipment that enables you to see or hear how your muscles are responding to your instructions. Becoming aware of these responses is the first step in learning to control them. By combining this information with special exercises, you can learn to relax tense muscles or strengthen weak muscles.

WHO USES BIOFEEDBACK?

Your health care provider may recommend biofeedback evaluation and treatment for the muscles of your pelvic floor. These muscles are responsible for bladder and bowel control as well as sexual response. Anyone interested in learning how to relax tense muscles, strengthen weak ones, or to control and coordinate use of muscles may benefit from biofeedback.

WHAT DOES THE EVALUATION INVOLVE?

For the evaluation you will use either an internal sensor (placed into the vagina or rectum) or external stick-on sensors placed around the rectal opening. These sensors are used to monitor the muscle activity of your pelvic floor. This enables you and your therapist to see and evaluate resting muscle activity as well as evaluate muscle recruitment to determine strength and endurance. The results of your evaluation will help your therapist design a specific treatment plan for your needs.

WHAT IS REQUIRED AFTER THE EVALUATION?

Your exercise program will depend upon the results of your evaluation. Almost everyone is asked to carry out a home exercise program utilizing the skills and exercises they learn in the clinic. Your therapist will guide your treatment program, which usually takes 4 - 8 visits to the clinic.

Please feel free to ask us any more information on biofeedback and its uses.