



Is the therapy painful?

No. Pelvic floor therapy should never cause pain.

Is there any reason I wouldn't be able to do have this therapy?

All patients can benefit from pelvic floor therapy. If you are pregnant, have a pacemaker, or a history of seizures, please let your therapist know as the electrical stimulation portion of the visit would not be able to be completed.

How soon can I see results?

Just like with any exercise program, results are not seen overnight. You are working on your muscles to either strengthen or relax them so it can take 3-4 visits before you have a noticeable change.

Do I have to continue doing the exercises once I have completed this therapy?

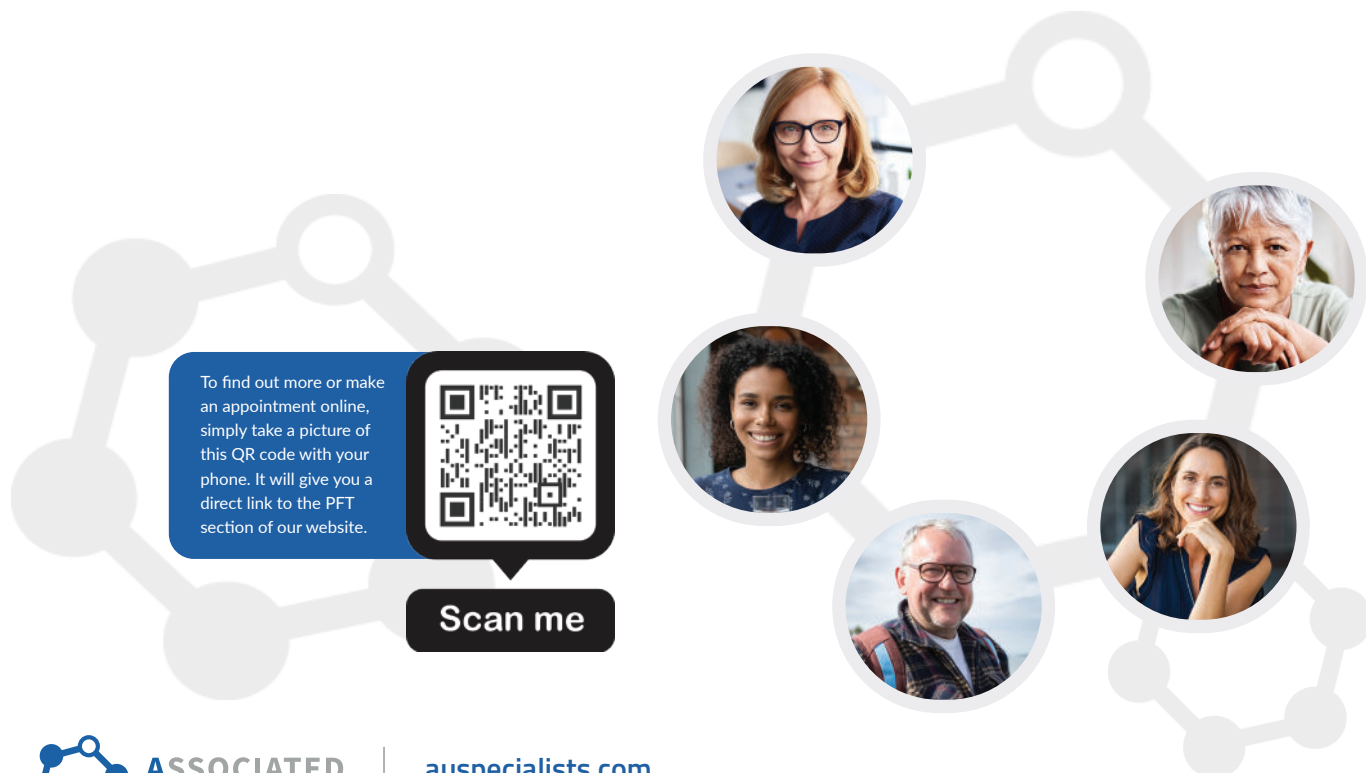
Yes. Pelvic floor therapy is like any other diet and exercise regimen. Success depends on consistency and a long-term commitment to doing the exercises on a regular basis. However, with the combination of effort in both the office setting and at home, the benefits of PFT can be substantial and long-lasting.



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Pelvic Floor Therapy

Pelvic muscle rehabilitation, bladder retraining, and diet modification has shown to be significantly effective in 8 out of 10 people. It is often tried before having surgery for pelvic floor disorders.

Pelvic floor therapy is an individualized treatment to increase the strength and control of your pelvic floor muscles. Plan to spend one hour in the clinic for each appointment.



What To Expect

1 Get Comfortable

During treatment, you will be lying flat on an exam table with a sheet to keep your legs warm. You will only be asked to remove clothing from the waist down.

2 Placement of Adhesive Electrode on Abdomen

An adhesive electrode is placed on the abdominal muscle prior to the start of exercises. Your abdominal muscle is checked for its strength and also its coordination with exhalation. It is important to do these exercises without holding your breath or bearing down.

3 Placement of Anal Manometry Probe

A small sensor is placed 2-3 cm into the rectum to measure when the pelvic muscles fatigue. This procedure is very important because it tells the therapist how many exercises can actually be performed and how long each contraction can be held by the patient to obtain the maximum benefit from each visit.



4

Placement of Electromyography (EMG) Probe

A sensor is placed in the vagina (or rectum in males) and you will do a pelvic floor contraction for 10 seconds and then rest for 10 seconds for a total of 10 - 20 repetitions. This procedure is particularly helpful in letting the therapist know if the pelvic floor muscles are adequately resting. If the muscles do not rest, they are kept in a weakened and fatigued state.

Your therapist 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 muscles to contract without your direct effort. Many people also report this offers a sensation that guides them in identifying the correct muscles to contract. This is often described as a tingling sensation. This is not painful and is always adjusted to your specific comfort.

After your initial session, you will be scheduled for 7 more sessions, each one hour long. At these sessions, your pelvic floor muscles will be reassessed with the EMG and anal manometry to monitor gains in strength and endurance and to assess tone changes.

With all of the information received by doing these important assessments, you will begin a customized home exercise program, and be instructed in bladder retraining and diet modification (if necessary). Your home program will be upgraded as you improve.

What is the pelvic floor?

The pelvic floor is a group of muscles (specifically the ileococcygeus, pubococcygeous and coccygeus muscles) that lie under the bladder, vagina and rectum that provide essential support to these structures.

What is pelvic floor dysfunction?

For good bladder control, all parts of your system must work together. The muscles of the pelvic floor control the flow of urine and support the organs found within the pelvis like a "hammock". The pelvic floor muscles hold up the organs, the sphincter muscles control the flow of urine, and the nerves activate these muscles to function. When one or more of these components become dysfunctional, the system is unable to provide the needed support to keep the urethra closed tightly. The result is a pelvic floor disorder.

Who can benefit from pelvic floor therapy?

PFT is used to treat a variety of disorders, in men and women, such as:

- Stress Incontinence
 - Including post-prostatectomy
- Urge Incontinence
- Urinary Frequency/Urgency (Overactive Bladder)
- Chronic Interstitial Cystitis
- Urinary Retention
- Pelvic Pain
- Some sexual dysfunctions

