

Biofeedback For the Pelvic Floor Muscles

What is Biofeedback?

- Also called Surface Electromyography (SEMG)
- Biofeedback is a learning technique that utilizes specialized equipment to assist a person in gaining control of their natural body functions
- Biofeedback training allows you to see (via computer images) how your pelvic floor muscles are responding when you attempt to contract or relax them
- The pelvic floor muscles are responsible for bladder and bowel control, postural support, and sexual response
- With increased awareness of your pelvic floor muscle responses, you improve your control of them
- Patients can learn to relax tense muscles or strengthen weak muscles.

Who uses biofeedback?

- Patients whose physicians recommend biofeedback evaluation and treatment for the muscles of your pelvic floor
- Patients who are visual learners often benefit
- Pediatric patients with voiding dysfunction usually do very well with SEMG biofeedback.
- Patients with pelvic pain may benefit from biofeedback to increase the relaxation ability of tense muscles
- Patients with bowel or bladder weakness may benefit from biofeedback to strengthen weak muscles
- Biofeedback can also improve general coordination of pelvic floor muscles
- Patients with urinary or bowel urgency can learn to use to pelvic muscles correctly to decrease inappropriate urge sensations

What to expect during a biofeedback session?

- Biofeedback evaluation usually lasts 10-20 minutes
- External stick-on sensors are placed around the rectal opening
- The sensors are used to monitor the muscle activity of your pelvic floor
- A computer display will allow you and your therapist to see and evaluate resting muscle activity, muscle strength, and endurance
- The results of your evaluation be used to help your therapist design a specific treatment plan

- You will be instructed in a home program (usually a combination of contraction and relaxation awareness exercises)
- Biofeedback sessions may be repeated during follow-up visits