



Urology Consultants, Ltd.

Center for Continence Care and Pelvic Medicine

BIOFEEDBACK

What is biofeedback?

Biofeedback is a simple painless teaching technique, providing patients with personalized on-the-spot information (or feedback) about a particular function of their body. In Urology, biofeedback therapy is often used with patients who have pelvic floor muscle dysfunction, which can lead to symptoms such as incontinence, urgency or frequency of urination, difficulty emptying the bladder, or pelvic pain. It may also be used prior to a surgery to reduce the likelihood of developing such problems. With the help of biofeedback, a patient can retrain the pelvic muscles to reduce or resolve their urinary symptoms.

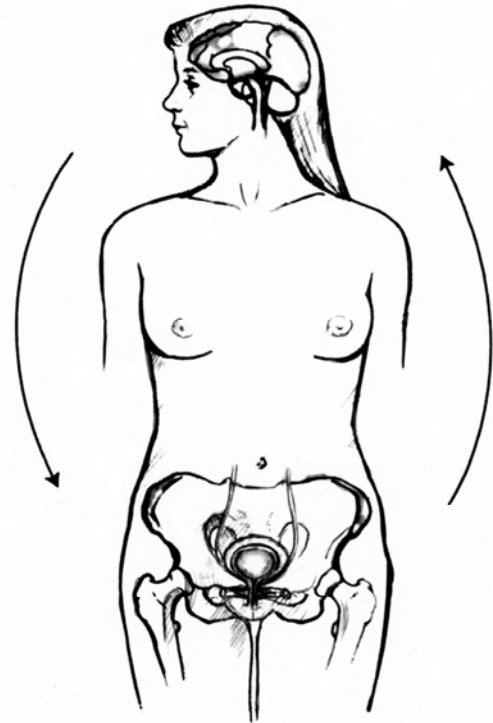
How is biofeedback done?

In women, a small sensor about the size of a nickel is placed in the vagina. In men the sensor is placed in the anus. External sensors are also placed on the abdomen. These sensors monitor the function of the pelvic floor and abdominal muscles. Once the sensors are connected to a computer signals from your muscles tightening and relaxing are displayed in a graph format that you can see. The job of the biofeedback specialist is to guide you in locating, contracting, relaxing, and using your pelvic floor muscles in the correct way. You will also learn about other management techniques such as diet and fluid control. Your instructions will be tailored to your unique symptoms. There are no side effects from biofeedback and it can be used in conjunction with other treatments such as medications and surgery. Benefits vary from person to person.

How long does biofeedback take?

A number of appointments are scheduled over approximately 6 weeks. Each patient is evaluated and appointments may be added or canceled depending on individual needs. During your appointments you will learn exercises and strategies to use at home to treat your symptoms. **It is important to remember that improvement is not immediate and home practice is the key to success!** As you continue to work on your home program your symptoms should continue to improve.

The brain sends nerve signals telling muscles to hold urine or let it out.



Nerves send signals to the brain.
The signals tell when the bladder is full or empty.