

Madigan Army Medical Center
Ft. Lewis Washington 98431
Urology clinic (253) 968 – 3286/1579

Biofeedback for the pelvic floor muscles
Patient information

What is biofeedback?

Biofeedback is a learning process that uses specialized equipment to help patients gain control of natural body functions. This process involves monitoring the body functions (the “bio”) with a specialized computer program and displaying the information in a usable format to the patient and therapist (the “feedback”). Biofeedback provides a visual aide to help you learn how to identify these “phantom muscles.”

By using Biofeedback you and your therapist will better understand how your pelvic muscles are responding to your participation. These muscles are responsible for bladder and bowel control. Becoming aware of your own muscle reactions is the first step in learning how to control these muscles. When this information is combined with an exercise program that is designed just for you, you will be able to learn how to better Identify, Isolate, Control and ultimately strengthening these muscles.

Who uses Biofeedback?

Your health care provider has recommended that you undergo a biofeedback evaluation. Your physician may have diagnosed you with urinary incontinence, from Urge, Stress to Frequency. Anyone who is interested in learning how to better relax, strengthen, and control their pelvic muscles may benefit from biofeedback.

What does the evaluation involve?

Biofeedback requires the sensitive monitoring of your muscle activity. This procedure involves the use of both external and internal sensors. During your therapy session internal sensors (in the vagina or rectum) and external sensor (on the abdominal wall) will be used to measure muscle strength and endurance, and your capability to relax your muscles. These sensors are vital to successful treatment. A biofeedback session requires 30 to 60 minute and most patients begin with 6 weekly therapy sessions. With the information obtained during your visits, your doctor and therapist will devise a treatment plan just for you. This data will also be reviewed with you by your physician at the end of your sessions.

ROBERT C. ALLEN
COL, MC
Chief, Urology Clinic