

# Pelvic Floor Muscle Rehabilitation and Stimulation

Your Non-Surgical Treatment

## **Pelvic Floor Muscle Rehabilitation & Stimulation Indicated for the Following Conditions:**

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- Stress Incontinence
  - Urge Incontinence
  - Urinary Frequency and Urgency
  - Interstitial Cystitis
  - Chronic Pelvic Pain
  - Overactive Bladder
  - Fecal Incontinence
  - Chronic Constipation
  - Rectal Pain
  - Pelvic Floor Relaxation
  - Frequent Night Time Urination
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### Pelvic Floor Rehabilitation Therapy

This therapy combines a personalized home program with office evaluation. A comprehensive plan of care is developed to meet the needs of your specific problem. The office evaluation consists of measurements of the pelvic floor muscle to establish a plan of care for strengthening, and electro-stimulation of the pelvic floor nerve and muscle tissues. The measurement and stimulation are done by using a tampon shaped device, which is inserted into the vagina for women, or a much smaller version, which is inserted into the rectum for men. Patients will find Pelvic Floor Rehabilitation Therapy favorable because:

- The treatment is non-invasive and painless.
- It has up to an 80% success rate.
- It has no significant side effects.
- It is affordable, compared to other alternatives.
- It is covered by most insurance plans.

### Pelvic Floor Rehabilitation & Stimulation Therapy Selection Guidelines

Pelvic Floor Rehabilitation Therapy may be appropriate for you if:

- You have a strong desire to take control of your problem.
- You are willing and able to actively participate in your recovery.

In order to receive the maximum benefit, you must be comfortable with the treatment and be willing to comply with the therapy plan prescribed for you.

### Pelvic Floor Rehabilitation & Stimulation

Pelvic Floor Rehabilitation is not new. It has been used for a number of years in other countries as well as in the United States.

75-80% of our patients will see significant improvement or cure with this therapy program alone. As with any treatment, there will be some individuals who will not benefit from this non-surgical therapy.

Pelvic Floor Rehabilitation has no significant side effects, unlike other treatments you may have received for your problem.

