

Electrical Stimulation

Electrical Stimulation (E-stim)

Electrical stimulation (e-stim) helps re-train your pelvic floor muscles.

Your physical therapist will place a sensor in your vagina or rectum. The sensor is attached to a battery-operated hand-held machine.

The machine delivers gentle stimulation to area. This causes the pelvic floor muscles to tighten or relax.

What E-stim Can Help

E-stim can treat:

- **bladder leakage or stress incontinence** (leakage during activity, such as a cough or sneeze). E-stim helps build muscle awareness, strength and endurance.
- **urge incontinence** (leakage with a sudden urge to go). E-stim helps to coordinate pelvic floor muscles.
- **mixed incontinence** (both stress and urge incontinence). E-stim helps build muscle awareness, strength and endurance and coordinate the pelvic floor muscles.

Treatment

Your physical therapist will create a treatment program specific for your needs. It may include physical therapy office visits, equipment to use at home, or both.

Check with your insurance provider if you plan to rent or buy home equipment. They will explain your benefits.

What To Tell Your Health Care Provider

Before you start a treatment, tell your health care provider if you:

- have trouble emptying your bladder
- have decreased sensation in your vaginal or rectal area
- have a vaginal or bladder infection
- have open skin areas
- have a pacemaker
- have a seizure disorder
- are pregnant
- are trying to get pregnant.