

Biofeedback for Your Pelvic Floor Muscles

Biofeedback

Biofeedback uses special equipment to help you see or hear how your muscles are responding to your instructions.

Becoming aware of these responses is the first step in learning to control them. Combining biofeedback with special exercises, you can learn to relax tense muscles, strengthen weak muscles or control and coordinate muscles.

Evaluation for a Biofeedback Program

Your health care provider will place a sensor either in your vagina or rectum or around your rectal opening. These sensors monitor the activity of your pelvic floor muscles during your biofeedback session.

The sensors will help your health care provider evaluate your resting muscle activity, muscle strength and endurance. They will use the results to create a treatment plan for you.

Your Biofeedback Program

Your program will depend on the results of your evaluation. Your health care provider will guide your biofeedback program. Biofeedback training may take 2 to 8 clinic visits.

You may have a home exercise program to follow. This uses the skills and exercises you learn at the clinic.

If you need home biofeedback equipment, check with your insurance provider to learn what is covered and how much you will need to pay.