



Personal Plan of Care

Slow Contractions:

Lift and hold your pelvic floor muscles for _____ seconds.

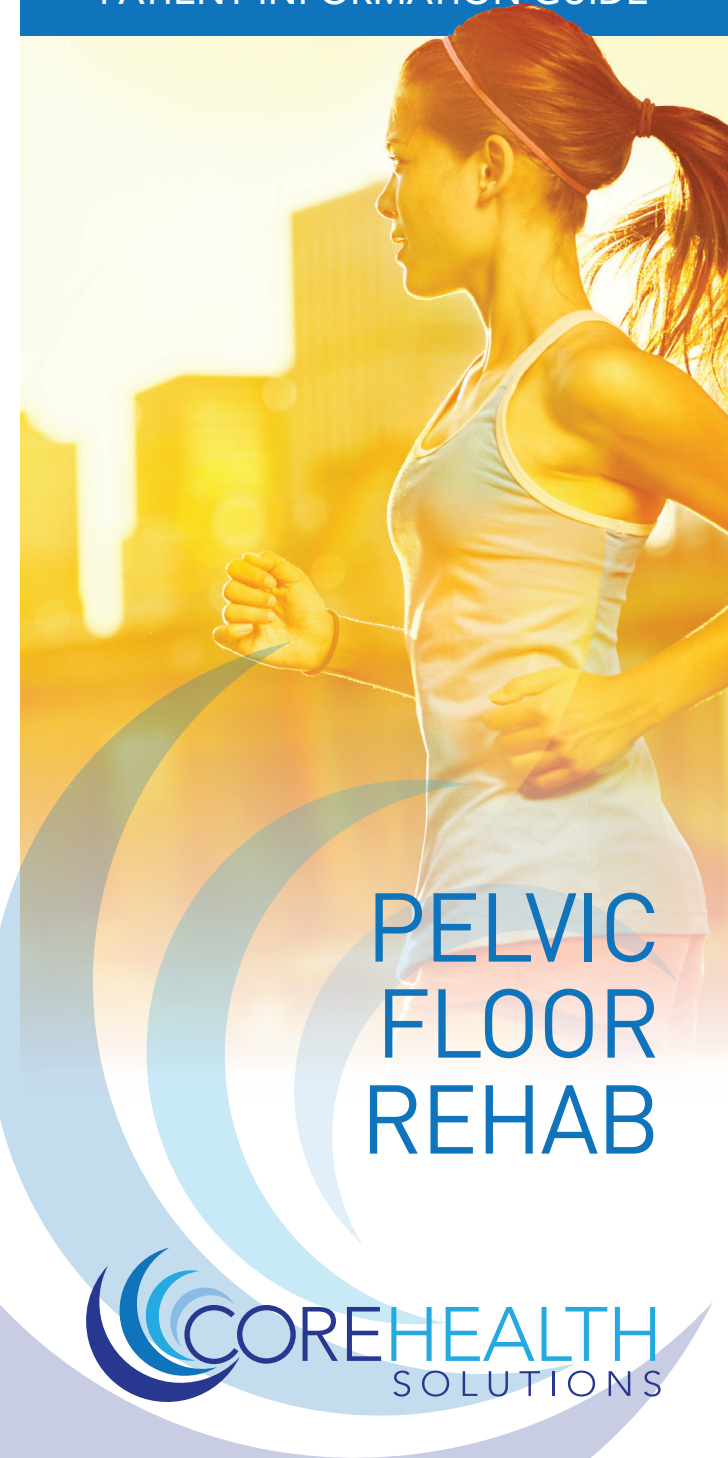
Concentrate on holding muscles tight and lifting that muscle off the ground.

Relax your muscles and rest for _____ seconds.

Close your eyes and relax.

Repeat these contractions for _____ repetitions.

Please find time during your busy schedule to focus on these exercises 3 times a day.



PELVIC FLOOR REHAB



CONSERVATIVE / EFFECTIVE TREATMENT:
for Incontinence, Pelvic Pain, and Over Active Bladder

Conservative Treatment should be your first option

That is why our office provides a comprehensive, non surgical option to our patients for treatment of common pelvic floor disorders. Pelvic Floor Rehabilitation utilizes functional muscle training and stimulation, allowing patients to be active participants in improving strength, control, and awareness of their pelvic floor muscles.

What is Pelvic Floor Rehabilitation ?

This conservative therapy is used to treat incontinence, OAB, pelvic pain, and to re-educate the pelvic floor muscles to restore and maintain pelvic health.

Treatment includes:

- Behavioral Strategies (Bladder training and relaxation techniques)
- Functional Re-training
- Therapeutic Exercises and Strength Measurements
- E-Stim (mild electrical stimulation to help weak muscles contract and to calm the bladder)
- Education and techniques for long-term core strengthening

What to Expect During Your Treatment

On your first visit you will meet with your personal pelvic floor specialist. The initial visit will be scheduled for one hour, allowing time for treatment and for your specialist to review your history and severity of symptoms. She will also do an in-depth overview of the program and answer any questions you may have. Treatment is tailored to your individual assessment and will consist of your specialist training you to isolate your pelvic floor muscles while properly guiding you through pelvic exercises. E-Stim may also be administered for additional passive muscle strengthening. Follow up appointments will be scheduled and are 30 minutes in length. Depending on your diagnosis, treatment is usually scheduled weekly for 6-8 weeks.

Pelvic Floor Muscles

The pelvic floor or pelvic diaphragm is important in providing support for the pelvic organs, and in the maintenance of continence as part of the urinary and anal sphincters. These muscles act like a hammock to support the pelvic organs, including the uterus, bladder and rectum.

Why is Pelvic Floor Muscle Strength important?

When the pelvic floor muscles are contracted (squeezed), the internal organs are lifted and the sphincters tighten the openings of the vagina, anus, and urethra. Relaxing these muscles allows the passage of urine and feces. A strong pelvic floor is also important for sexual function and having strength and control can prevent bladder / bowel leakage and other pelvic floor dysfunctions.

