

# *Pelvic Pain and Urinary Incontinence FAQ's*

## **Q: Do I need a doctor's order for Pelvic Floor Muscle therapy?**

**A:** A doctor's order is required if you need biofeedback, electrical stimulation or pessary placement.

No doctor's order is needed for services such as our Bladder Training Exercise Program, Kegel Exercise Training, Vaginal Weight Training, Habit Training, Diet Management Program, Absorbent Product Fits, Self-catheterization Techniques or Psychotherapy sessions.

## **Q: How often will my therapy sessions be?**

**A:** The frequency of your therapy sessions will depend upon your condition. Stress/Urge and Mixed Incontinence can usually be treated in 6-8 visits, each lasting approximately 30-45 minutes.

Post-Prostatectomy Incontinence may require more visits depending on the extent of your surgery and healing time.

Normally, your 1<sup>st</sup> 2-4 visits will be weekly. Following those visits you will be given exercises to do at home independently. You will return every 2-3 weeks for analysis of the progression to your home exercise program.

If you are experiencing pelvic pain, you will more than likely require more visits depending on the severity of the pain and how long you have been experiencing the pain.

## **Q: Is it necessary to do an internal vaginal and/or rectal exam?**

**A:** Not all patients will receive an internal exam. Internal (vaginal or rectal) exams will be made if your condition warrants the need for it and you consent to it. The exam is performed to assess strength, ton, muscle symmetry and contraction ability specific to your pelvic floor muscles. If this exam causes you to feel uncomfortable, please don't be afraid to speak up and discuss your feelings so we can look at alternative methods of treatment.

## **Q: What is biofeedback and how can it help me with my incontinence?**

**A:** Biofeedback, also called Surface Electromyography (SEMG), involves monitoring a life process (BIO) and turning that into information for the patient and nurse to assess and translate into a meaningful format (FEEDBACK). Biofeedback is performed with specialized equipment, which helps a person gain control of their natural body functions.

## **Q: Who uses Pelvic Floor Muscle Biofeedback?**

**A:** Anyone interested in learning how to strengthen weak pelvic muscles, relax tense pelvic muscles or to improve or gain control over the use of your pelvic floor muscles may benefit from biofeedback. Your physician may recommend biofeedback evaluation and treatment for bladder and bowel control as well as sexual response enhancement.

## **Q: What does Pelvic Floor Biofeedback involve?**

**A:** In order to evaluate your pelvic floor muscles you will use either an internal sensor, which is placed into the vagina (women) or rectum (men) and/or stick-on sensors placed around the rectal opening or on the abdomen. This sensor can be placed by the patient or by the nurse. You will be completely covered for the evaluation. The sensors allow the nurse to monitor and evaluate the muscle activity of your pelvic floor. You will be able to view the screen which this activity is presented on in the form of a digital graph flow. The screen will show resting muscle activity as well as your muscle strength and endurance. This evaluation will help your nurse design an individualized treatment plan specific to your needs.

**Q: What is required after the evaluation?**

**A:** Every patient's program or treatment plan is different. Your exercise program will depend upon the results of your evaluation, history and your ability to adhere to treatment visits. Almost all patients are asked to perform routine home exercises that utilize the skills and exercises they learn in with your nurse. In rare cases that require a patient to do home biofeedback it may be necessary for you to rent or purchase equipment yourself. Some insurance companies may reimburse you for this purchase.

**Q: Will I get reimbursed for therapy?**

**A:** If you have an insurance plan that does not require you to go to an "in-network" provider, your carrier will reimburse you according to the plan guidelines for coverage. If you have a Preferred Provider Network (PPO), you will be reimbursed according to your plan "out of network" benefit. Most patients who have a deductible will need to satisfy that first.

Since a physician must write an order for this treatment and since it is considered a covered treatment for Pelvic Floor Dysfunction and incontinence, most patients are reimbursed by their insurance company based on their plan benefits.