



Pelvic Muscle Rehabilitation

The Pelvic Muscle Rehabilitation Program is an educational and physical rehabilitation plan that helps you to achieve better control of the pelvic floor muscles, resulting in greater ability to control the bladder or bowels. It is effective in treating fecal and urinary incontinence caused by weak pelvic floor muscles, as well as constipation, rectal and pelvic pain caused by muscle spasms or pelvic area muscles that won't relax. The program restores independence and dignity to the many men and women who are affected by these medical conditions.

The caring and compassionate staff at Bon Secours St. Francis understands the embarrassment and isolation that are often associated with these problems. They are as sensitive to your emotional well being as they are to your physical progress.

If accidents are a problem, the goal of the program is to assist in strengthening the pelvic muscles and increasing awareness of these muscles, resulting in greater control so that accidents are reduced or avoided.

If constipation or pelvic pain is the problem, the goal of the program is to assist in relaxing the muscles and increasing your awareness of these muscles, resulting in greater control over the muscles, more regular bowel movements or decreased pain.

How the Program works:

At your first visit, you will be given a diary to record your daily bowel movements or voidings and any accidents that you have. It is very important to keep the diary as accurately as possible.

The main focus of the training sessions is to teach you to contract and relax your pelvic floor muscles. We will ask you to insert a small sensor into your rectum or vagina. You stay dressed and make yourself comfortable in a recliner. A cable attached to the sensor is connected to a computer. You will be able to watch graphs change on a computer screen as your muscles relax and contract. The graphs of your muscle activity are recorded.

We will teach you exercises to do at home that help strengthen your pelvic muscles. You will assist us in your treatment by doing the home exercises. There may be only gradual improvement at first—don't be discouraged! It is very important that you practice your exercises between each session.

Sessions are generally scheduled at weekly intervals and will last about one hour. After three to four sessions, we will ask you to evaluate your progress with your physician before scheduling more sessions.

There is no special preparation needed prior to your visit. Please report to outpatient services about 15 minutes in advance of your appointment.