

What is expected of you

Your physician will determine what “type” of therapy you will need. During your office visit be sure to ask any questions.

Plan to stay for at least 30 minutes for each visit.

It is a good idea to wear comfortable clothing to your therapy session, and if you use pads or absorbent products please bring a replacement with you.

Closely following the “at home tips” will reinforce the program. Muscles are trained by repetition of the same movements, therefore the more you are able to do the correct movement (relaxation) will enhance the outcome of the program.

You will be asked to keep a record of you bladder and bowel habits.

If you have any questions please call the office. We would be happy to assist you with the program.

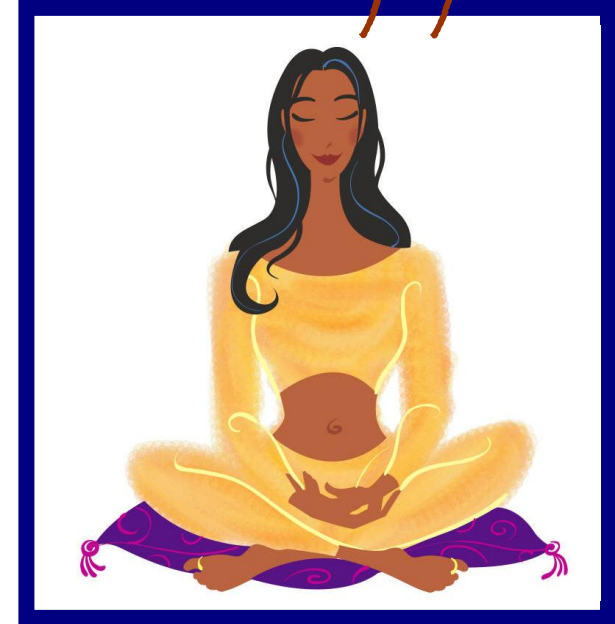
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Pelvic Relaxation Therapy



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Introduction

The pelvic floor is a group of muscles that attach to the front, back, and sides of the pelvic bone and sacrum.

Contracting and relaxing these muscles helps to control bowel and bladder functions. These muscles must relax to allow for urination and bowel movements. Women must be able to relax these muscles during sexual intercourse. Pelvic muscle tension (or spasm) can lead to:

- Pelvic floor dysfunction
- Pelvic pain
- Poor urinary stream (retention)
- Urinary frequency
- Urinary Urgency
- Constipation
- Pain with intercourse

Goals of Therapy

The goal of therapy is to relax the pelvic floor muscles and avoid stressing them. Training during each session with help you learn techniques to relax the correct muscles.

Treatment usually combines physical therapy, home exercise, medication, and self-care.

Pelvic Relaxation Therapy

A computer monitors the strength of your pelvic muscles and your progress throughout the therapy. The computerized technology allows you to immediately see the results as you contract and relax the correct group of muscles according to a preset pattern of exercises.

These visual and audio “clues” allow you to learn to contract and, even more importantly, to relax the pelvic floor muscles.

Electrical Stimulation during Relaxation Therapy

Surface electrodes will be placed above the pubic bones and/or at the sacrum. Electrical stimulation delivered this way can calm pain and spasms, although it cannot cause your pelvic floor muscle to contract and relax.

These patches are to be cleaned and re-used for each therapy session. We will store them for you so they will be available for each session.

Tips to try at home

Warm baths or hot tubs twice a day can be helpful to relax the muscle walls

Good posture to keep pressure off your bladder and pelvic organs.

Stretching techniques such as yoga can help avoid tightening and spasms in the pelvic muscles

Mental recognition of the pelvic floor muscles and trying to relax them during normal activities and sexual intercourse

Drink water

Empty bladder completely each time you go to the restroom

Avoid straining during bowel movements or urination

Avoid constipation

Keep a diary of problematic foods that cause constipation and avoid them.