



Biofeedback – For the Treatment of Urinary Incontinence and Voiding Dysfunction

Biofeedback for urinary incontinence is a proven and effective treatment to help individuals learn to identify and strengthen pelvic floor muscles.

Pelvic floor muscles (PFM) are a group of muscles that play a vital role in bladder support and bladder control. There are several contributing factors that may weaken these muscles. These include: obesity, age, deliveries, trauma, previous pelvic surgeries, chronic constipation, hormonal changes, and genetics.

What is Biofeedback?

Biofeedback is Pelvic Floor Rehabilitation. It is used for the treatment of:

- stress urinary incontinence (leakage with laugh, cough, sneeze, exercise etc.)
- urge incontinence (rushing to the bathroom)
- post prostatectomy incontinence, and
- problems with bladder emptying.

The goal is to improve the strength and control of PFM through exercise in order to help to restore proper bladder function.

For optimal results patients should be physically independent, able to follow direction, and be motivated to complete the exercise program.

Biofeedback Sessions:

Biofeedback helps you to identify and isolate the correct muscles to exercise.

- Your first biofeedback appointment will be an information session. We will take a detailed history of the factors affecting your bladder control, suggest lifestyle changes, and will individualize your plan of care based on this assessment.

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- During the following visits you will be connected to a specialized computer. This includes using abdominal surface electrodes and either peri-anal electrodes, or vaginal sensor or anal sensor, to monitor activity. When you attempt to squeeze the pelvic floor muscles, a graph will provide 'feedback' on the strength and endurance of your squeeze. It will also monitor your technique.

Program Length:

- Information Session is 1 hour in length.
- Each treatment visit is a 1/2 hour in length.
- The program ranges from 6 to 8 weekly visits plus 2 follow-up visits, depending on individual needs.
- You are expected to complete the exercise routine daily at home.
- As with any exercise program, results vary.

Contact Information

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