

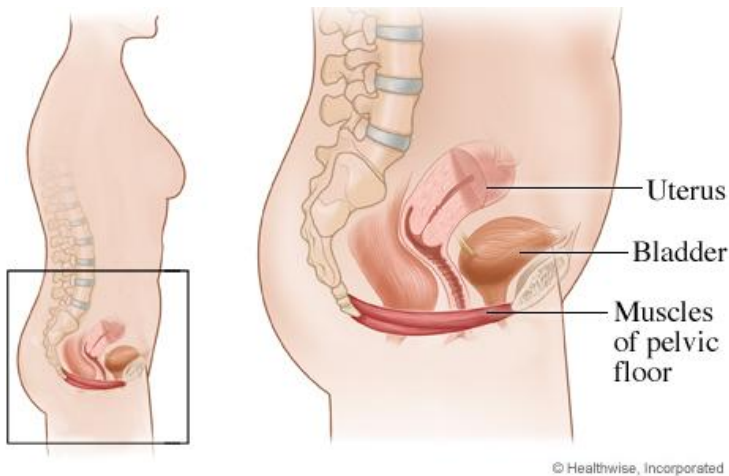
Urostym Physical Therapy

A Guide for Women

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What is pelvic floor physical therapy?

The pelvic floor is a set of muscles, ligaments, connective tissue and nerves that support the bladder, uterus, vagina and rectum. Atrophy in the pelvic floor may lead to dysfunction in one or more of these systems. Pelvic floor physical therapy is a treatment option utilized to strengthen the pelvic floor.



Why is pelvic floor physical therapy with Urostym recommended?

Urostym pelvic floor therapy is a *conservative* treatment option that may be used to address the following issues:

- Mixed incontinence
- Urge incontinence
- Stress incontinence
- Fecal incontinence
- Pelvic organ prolapse
- Interstitial cystitis/Painful bladder syndrome
- Levator myalgia

Preparation for therapy

Physical therapy with Urostym is performed in the office setting. For your comfort you are asked to void prior to your visit. Menstruation is not a contraindication to physical therapy.

About the test

Each treatment is divided into two portions. During the first portion of the treatment several sensors are utilized to assess muscle function. A small sensor is placed in the rectum and the vagina. You will be asked to tighten these muscles. The muscle testing is important because no two people are exactly alike. The level of exercises we recommend will be based on the muscle testing. If too many exercises are performed it may actually fatigue the muscle. If not enough are performed the muscle will not improve.

During the second portion the same vaginal sensor utilized to assess muscle function is activated to stimulate the muscle. You will feel a gentle tapping sensation and feel the muscle contract. This is not uncomfortable for most women. This is the same type of therapy used for other muscles in the body to help them get stronger faster.

Duration of treatment?

Your first visit with our nurse will take approximately one hour. Subsequent visits last about 30 minutes. You will be asked to complete a brief symptom history at each visit which will be utilized throughout your care to track symptom improvement. Your treatment protocol will vary based on your diagnosis and primary evaluation. The average number of visits is 6-8.

What to expect afterwards?

Approximately 75-80% of the patients we see will attain significant improvement or cure with this type of therapy alone. As with any form of treatment there are some patients who do not benefit from non-surgical therapy. We recommend appointments every one to two weeks initially depending on your symptoms or progress. The average number of visits is 6-8. There are some people that require less visits and of course those who sometimes require more. Change in your symptoms should be noticed in 3-4 visits if non-surgical therapy is going to be successful for you. This does not mean you will be cured in 3-4 visits but you should notice gradual progress.

Remember loss of bladder control did not just occur overnight. We are working with the same muscles that have become weak so success does take some time and most importantly it requires specific exercises and recommendations be followed.