

What is Pelvic Floor Muscle Training (PFMT)

PFMT is a non-surgical, painless method of retraining the pelvic floor muscles that help control bladder, bowel and sexual function. Strengthening your pelvic floor muscles will help you to actively support your bladder and bowel, reducing the likelihood of leaking.

75-90% of the patients treated attain significant improvement or are cured with this type of therapy.

PFMT IS INDICATED FOR:

- Urinary incontinence
- Overactive bladder (OAB)/Urinary frequency
- Urgency
- Chronic pelvic pain
- Fecal incontinence
- Chronic constipation
- Painful sexual intercourse

PERSONAL SCHEDULE

| Visit | Day | Date | Time |
|-------|-----|------|------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |

If you need to reschedule an appointment, please contact us 24 hours in advance.

Your insurance may require pre-authorization. Please make sure that our office is aware of any requirements of your insurance company.



888-375-0219
www.consortiamedical.com

PATIENT GUIDE



Regain Control

PELVIC FLOOR MUSCLE TRAINING

Treatment for bladder and bowel control, voiding dysfunction, pelvic pain and sexual dysfunction.



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What to expect during Pelvic Floor Muscle Training (PFMT)

Appointments are scheduled once a week, for up to 8 visits, depending on your specific condition.

Like other muscles in your body, your pelvic floor muscles will become stronger with a repetitive exercise program.

Attending your therapy sessions and following the exercise recommendation from your pelvic floor trainer, will enable you to have the most successful outcome. Changes in your symptoms are usually noticed within 3-4 visits.

Your first visit will take about 1 hour.
Follow-up visits usually take 30 minutes.

This first visit will include a consultation with the nurse. She will attain a health history, explain the therapy and answer any questions you may have. You will then participate in your first therapy session.

The nurse will teach you how to isolate your pelvic floor muscle, and instruct you on how to perform the pelvic muscle exercises.

Muscle training is individualized. The nurse will determine the treatment best suited for you and prescribe a course of therapy for your specific condition.



EXERCISE PRESCRIPTION



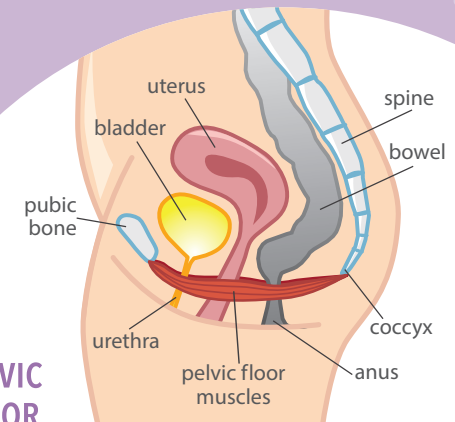
Contract the muscle for _____ seconds,
and relax for _____ seconds
(this is one exercise or cycle).

Do _____ repetitions in a row.
Repeat this 3 times each day.

Quick Flicks

Contract the muscle for _____ seconds
and relax for _____ seconds
(this is one exercise or cycle).

Do _____ repetitions in a row.
Repeat this 3 times each day.



PELVIC FLOOR

The level of exercise prescribed is based on the measurements taken. You will be given an exercise prescription each week to complete prior to your next therapy session.