

## **Pelvic Floor Urostym Program**

### **Information for our Patients for your first visit**

Our program is led by Jeannette Proctor, MSN, ARNP-BC. Jeannette has specialized in Women's health for over 29 years and brings knowledge, experience, and compassion to your care. She is a women's advocate and strives to help women regain their freedom and quality of life.

Your first visit with Jeannette will take approximately one hour. At your first visit she will review your health history, your goals of treatment, the 2-day voiding diary, and Pelvic Floor Distress Inventory Questionnaire that you were given.

#### **Good Candidates for UroStym:**

- Mixed Incontinence      - Irritative Voiding Symptoms
- Urge Incontinence      - Stress Incontinence
- Pelvic Dysfunction      - Interstitial Cystitis
- Fecal Incontinence      - Rectal Pain
- Pelvic Prolapse      - Pre- or Post-Partum



The program that you have been referred to is a specific program designed by Laborie Medical called Urostym. Urostym equipment provides the most current protocols for pelvic floor conservative treatment. It evaluates the strength of the pelvic floor by using a test called anorectal manometry. This test can easily quantify your own personal strength. The second test used is called EMG. The EMG can determine the nerve input and how long it is lasting for a particular contraction. It is used to assess whether or not the muscle is spastic, since weak muscles are more prone to injury and spasm. This information provides your exact strength and endurance and allows then your specific exercises program to be determined. Then after both of those tests are completed muscle stimulation is used to help the muscles get stronger faster.

## **Anorectal Manometry**

- In females this is done by placing a small sensor in the rectal opening and you will be asked to tighten the rectal muscle as if you were holding back gas. The reason for these instructions is all the pelvic floor muscles attach into the rectum. Therefore it is easier to contract the larger muscle of the rectum and it automatically tightens the rest of the muscles which control bladder leaking or urinary frequency and urgency. A small sensor like a tampon is also placed in the vagina and the same instructions are given as above
- 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.

## **EMG**

- Electromyography (**EMG**) is a diagnostic procedure to assess the health of muscles and the nerve cells that control them (motor neurons). Motor neurons transmit electrical signals that cause muscles to contract. This is evaluated by placing 2 surface patch's on your rectus abdominal muscles. This allows us to see if you are isolating the correct muscles for rehabilitation or if you are also using your thighs, buttocks or abdominal muscles to tighten the pelvic floor.

## **Then stimulation to the muscle is performed:**

- This is done with the vaginal sensor in women, which is inserted like a tampon. You will feel a gentle tapping sensation and feel the muscle contract. This is the same type of therapy used for other muscles in the body to help them get stronger faster. It also helps those people who have difficulty with urgency and frequency by helping control the bladder.

We find 75- 80% of the patients we see will attain significant improvement or cure with this type of therapy alone. We recommend appointments every week 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 this 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 that the specific exercises and recommendations be followed.

- We encourage our patients to continue any vacations or travels you may have planned. Instructions may be given to keep your status of rehabilitation until you can return.
- Please arrive 10 minutes prior to your procedure so that you have the time to empty your bladder prior to your appointment.
- If you need to reschedule your appointment we ask you to do so 24 hours in advance.
- If you are on your menstrual cycle it is fine to proceed with the appointment.
- We look forward to seeing you at your visit.