

## PELVIC FLOOR THERAPY

Patients who undergo pelvic floor therapy with Dr. Christopher Roberts are first seen in the office for a complete history and physical examination. We will perform a “nerve reflex test” to evaluate the pelvic floor muscles and determine if the nerves appear to be functioning appropriately. There is no pain with this simple test.

- Patients are then scheduled for **6 weekly** office visits to initiate the pelvic floor therapy.
  1. Each visit takes about one hour.
  2. A small, simple probe is placed in the vagina or rectum to measure the resting tone of the pelvic floor muscles.
    - Depending on the measured value, a small, painless electrical stimulation is applied to the pelvic floor muscles through this probe. This treatment will “turn on” the muscles of the pelvic floor and increase their ability to both contract and relax.
  3. An even smaller balloon probe is placed just inside the rectum and will measure muscle contraction strength, endurance (how long you can hold it), and fatigue (when your pelvic floor muscles wear out).
  4. Once the treatment session is completed, the patient is then sent home with an exercise schedule for the week that has specific exercises that are tailored to each patient’s needs.
  5. The patient will follow up in one week. Muscle strength, endurance, and fatigue measurements will again be obtained to show the progress from the previous week. The patient is then sent home with an adjusted exercise schedule, which will again be reassessed at the next visit.
- Following the 6 weekly treatments, we see the patient back in our office in one month to review stability, improvement or potential relapse of their symptoms. We may obtain measurements with the two probes described above if the symptoms warrant. Adjustments in exercises may be made at this visit, and the patient will be scheduled for a 3-month follow up visit.
- If there is no regression of treatment discovered at the 3-month visit, the patient will be scheduled for a one-year follow-up.

This therapy has a success rate of 90<sup>+</sup>% for patients who complete the 6-week course, which means that 90<sup>+</sup>% of patients will acquire an 80-90% improvement in their symptoms and not need any further treatment.

There is no pain and no risk with this treatment. No other treatment (surgery, medication or therapy) addresses the source of these problems better than Pelvic Floor Therapy.