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Diplomates of the
American Board of Urology

BIOFEEDBACK

IMPORTANT PLEASE READ COMPLETELY

What is biofeedback?

Biofeedback is a simple painless teaching technique, providing patients with personalized on-the-spot information (or feedback) about a particular function of their body. In Urology, biofeedback therapy is often used with patients who have pelvic floor muscle dysfunction, which can lead to symptoms such as incontinence, urgency or frequency of urination, difficulty emptying the bladder, or pelvic pain. With the help of biofeedback, a patient can retrain the pelvic muscles to reduce or resolve their urinary symptoms.

How is biofeedback done?

In women, a small sensor about the size of a nickel is placed in the vagina. In men, the sensor is placed in the anus. The job of the biofeedback specialist is to guide you in locating, contracting, relaxing, and using your pelvic floor muscles in the correct way. You will also learn about other management techniques such as diet and fluid control. Your instructions will be tailored to your unique symptoms. There are no side effects from biofeedback and it can be used in conjunction with other treatments such as medications and surgery. Benefits vary from person to person.

How long does biofeedback take?

A number of appointments are scheduled over approximately 6 weeks. Each patient is evaluated and appointments may be added or canceled depending on individual needs. During your appointments you will learn exercises and strategies to use at home to treat your symptoms. **It is important to remember that improvement is not immediate and home practice is the key to success!** As you continue to work on your home program your symptoms should continue to improve.

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