

Urinary Incontinence Treatment: Q&A

Pelvic Floor Re-training with Biofeedback

Introduction-

Urinary incontinence is NOT normal. If incontinence is caused by weakness of the pelvic floor muscles, biofeedback can help resolve your symptoms.

Biofeedback is a short term, non-invasive, highly effective treatment for urinary and fecal incontinence.

Studies show that 70 to 80% of people who completed biofeedback training for stress and/or urge incontinence, report their symptoms are significantly less or resolved by the end of treatment.

What is biofeedback?

Biofeedback is an educational tool that allows you to receive information on how your body functions. In other words, it provides a window into your physiology.

With information from science-based biofeedback instruments, you can identify physiologies that create problems. You will then learn how to correct these problems and actually monitor your progress during treatment.

How does biofeedback specifically work for treating urinary incontinence?

The biofeedback instrument that is used for pelvic floor retraining is an EMG or electromyography. EMG picks up the amount of electrical energy that is given off muscles as they work or rest. EMG provides objective information on how strong or weak, tight or relaxed your muscles are. With that information, we can clearly identify if incontinence is caused from a weak pelvic floor and then train you, using feedback, and monitor your progress as the muscles get stronger and the symptoms resolve.

What can I expect during a visit?

There is **no** exam with biofeedback training, so you will remain completely dressed during each visit. A vaginal probe is used to check your pelvic floor muscles. The probe is the size of a tampon and you will be asked to place it into your vagina. Frequently, EMG sensors will also be placed on your abdomen. The EMG sensors and vaginal probe are attached to a computer based biofeedback machine. You will be able to see the feedback on the monitor in the form of a graph.

Once you are hooked up to the biofeedback machine, you will be asked to do a series of exercises. As you do these exercises, you will be able to see and also feel your muscles contract and relax. Abdominal sensors give feedback that helps you correctly isolate the

muscles to be exercised. Vaginal EMG gives us information on how strong or weak the pelvic floor is and if you are doing Kaegel exercises correctly.

If your pelvic floor muscles are weak, you will be placed on a specific exercise program and asked to make a follow up appointment. During the recheck visits you will be able to monitor your progress by actually seeing the changes in the muscle strength.

How long does it take?

Typically pelvic floor re-training takes three to six sessions. Each visit lasts 30 to 60 minutes. Most clients, who follow the exercise program, find that symptoms start to improve quickly and resolve within six to eight weeks.

Will my insurance cover the cost of biofeedback?

Insurance companies may or may not cover the cost of biofeedback training.

We are billing insurance for this care and have found that most companies will cover this service. However, we cannot guarantee what your insurance will pay for. There may be a one time fee, less than \$45, for the EMG device. Of course you would be responsible for any co-pay to our office, denial of payment by insurance, and/or deductibles that have not been met.

If you have specific questions about your insurance coverage, contact your insurance company directly. The office codes for biofeedback are: 96150 and 96152.

For additional information and/or an appointment contact-

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- To schedule an appointment: 303-443-2010
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