

UNITED HOSPITAL CENTER PATIENT EDUCATION

ANORECTAL BIOFEEDBACK PELVIC FLOOR MUSCLE RETRAINING



Your physician has referred you to the Diagnostic Services Department at United Hospital Center Anorectal Biofeedback. In order to perform this examination, the patient must first report to the Diagnostic Services Outpatient Center located in the Clarksburg Comprehensive Care Building, Suite 107, Davisson Run Road.

Pelvic floor muscle retraining is a method of improving the function of the muscles that support the pelvis and surround the rectal opening. It is a process of changing the body's muscular response. It can be used to improve bowel control or increase bowel evacuation. Two voluntary muscles, the external anal sphincter and the puborectalis, control these functions. Pelvic floor muscle retraining uses instruments that provide "feedback" information about your control over these muscles.

There are two conditions that can be helped by pelvic floor muscle retraining:

Anal incontinence: this is the unexpected leakage of fecal material. It is an embarrassing problem that can cause changes in lifestyle as severe as withdrawal from social activities. It occurs in men and women of all ages. It results most commonly from birthing injuries, aging, or as a response to another condition.

Constipation: usually results from lack of dietary fiber or adequate liquid. In some patients, however, the pelvic floor muscles fail to relax when they strain to move their bowels. These muscles can be retrained to relax, allowing for proper emptying of the rectum.

Biofeedback is done in a clinical setting with a trained registered nurse. During the sessions you will be setting in a comfortable chair in your regular clothes. A small two inch probe is inserted gently into the rectal opening. This device is designed to measure the activity of the muscles that control continence. The probe is connected to a computer screen. As you relax and contract your muscles, you see the changes on the screen. Visualizing it on the screen helps you to identify the muscles and learn to control these muscles. A home exercise program is done to reinforce what you learn in the clinic.

PREPARATION: None

LENGTH: Approximately 20 minutes

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