

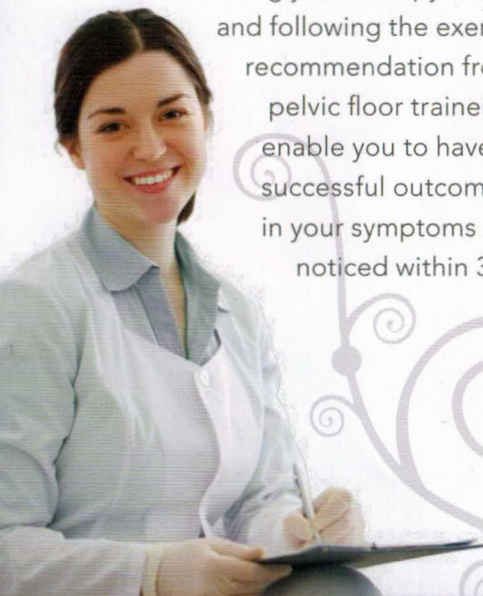


What to expect during Pelvic Floor Muscle Training (PFMT)

Appointments are scheduled once a week, for up to 8 visits, depending on your specific condition.

Like other muscles in your body, your pelvic floor muscles will become stronger with a repetitive exercise program.

Attending your therapy sessions and following the exercise recommendation from your pelvic floor trainer, will enable you to have the most successful outcome. Changes in your symptoms are usually noticed within 3-4 visits.



Your first visit will take about 1 hour.
Follow-up visits usually take 30 minutes.

This first visit will include a consultation with the nurse. She will attain a health history, explain the therapy and answer any questions you may have. You will then participate in your first therapy session.

The nurse will teach you how to isolate your pelvic floor muscle, and instruct you on how to perform the pelvic muscle exercises.

Muscle training is individualized. The nurse will determine the treatment best suited for you and prescribe a course of therapy for your specific condition.