



What is Pelvic Floor Muscle Training (PFMT)

PFMT is a non-surgical, painless method of retraining the pelvic floor muscles that help control bladder, bowel and sexual function.

Strengthening your pelvic floor muscles will help you to actively support your bladder and bowel, reducing the likelihood of leaking.

75-90% of the patients treated attain significant improvement or are cured with this type of therapy.

PFMT IS INDICATED FOR:

- Urinary incontinence
- Overactive bladder (OAB)/Urinary frequency
- Urgency
- Chronic pelvic pain
- Fecal incontinence
- Chronic constipation
- Painful sexual intercourse