

What Happens During a Biofeedback Evaluation of the Pelvic Floor Muscles?

For the evaluation, your therapist will use either an internal sensor, placed into the vagina or rectum, or external stick-on sensors placed around the rectal opening. These sensors are used to monitor the muscle activity of your pelvic floor muscles. This enables you and your therapist to see and evaluate resting muscle activity as well as to evaluate your muscle strength and endurance. The results of your evaluation will help your therapist design a specific treatment plan for your needs.