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AddisonWellnessPT.com

Wells Physical Therapy offers a non-painful, non-invasive therapeutic program of biofeedback assisted therapy to treat incontinence issues.

You will receive an initial pelvic muscle evaluation and a consultation with a Physical Therapist who has received specific training in this area. The evaluation and all treatments take place in a private treatment room with a Physical Therapist and you remain fully clothed throughout the program.

Pelvic muscle evaluation is a series of tests to determine the strength and endurance of the pelvic muscles. These tests are performed with an EMG sensor, which is easily self- inserted vaginally. The sensors are attached to a specialized computer which displays your pelvic muscle activity on a computer screen. The program shows the patient the results as an exercise is performed. Areas of pelvic weakness are identified and progress is charted.

Pelvic muscle rehabilitation is a treatment process which includes retraining weakened pelvic muscles. Treatments consist of a series of muscle rehabilitation training sessions utilizing biofeedback with the computer, combined with a program of home exercise. A home exercise program may include muscle strengthening, and pelvic realignment exercises.

If you suffer from incontinence and would like to try our program, make an appointment with your doctor so he/she may verify that you have stress, urge or mixed incontinence which can be treated by therapy. If your doctor determines that pelvic muscle rehabilitation is appropriate, give us a call at **802-388-3533**.