

Visual Biofeedback for Pelvic Floor Training

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The pelvic floor muscles in women's health is very important besides promoting great distension capacity to allow childbirth, it provides support for pelvic organs and has a fundamental role in physiological functions as maintain urinary and fecal continence. To avoid dysfunction, it's necessary also for this muscle group to be functional, strong and resistant. Through urogynecology physiotherapy, our goal is to evaluate this musculature and identify its dysfunction. For effective treatment, it is important for the woman to be aware of this perineal musculature so behavioral therapy is very important and based on pelvic floor muscle exercises and rehabilitation that will be able to contract and relax the muscles correctly, and the use of biofeedback can be indicated.

Biofeedback

It is a behavioral tool and this device is used to help when there is no coordination, dysfunction or not awareness of the pelvic muscle and encourage contraction and relaxation of the pelvic floor. Its goal is to provide real-time visual feedback so that the patient knows exactly the moment of the pelvic muscle contraction and relaxation, thus improving muscle performance and being able to see when the contraction is not strong enough or there is no muscle relaxation. The device helps to provide this information in the form of graphs and images.

Benefits of biofeedback:

- Evaluate musculature
- Improve muscle awareness and perception
- Learn to contract and relax
- Muscle strengthening
- Ludic treatment option.

The most common indications for the use of biofeedback:

- Urinary or fecal incontinence
- Dyspareunia/Pelvic pain
- Perineal preparation for childbirth.

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