

WHAT IS

pelvic floor therapy

Pelvic floor therapy is a conservative, non-surgical therapy used to treat incontinence, urgency, pelvic pain, vulvodynia or to re-educate the pelvic floor muscles to restore and maintain health. Dr. Rafael will educate, evaluate and instruct you on proper isolation and exercise of your pelvic floor muscles.

Often people attempt to exercise the pelvic floor by performing “Kegel exercises”, but do not realize that they are performing these exercises improperly. Therefore they are not making progress. With the guidance of trained healthcare professionals biofeedback offers a clear visual reinforcement of the accuracy and effectiveness of muscle exercises to obtain optimal results.



Dr. Rafael is a Board Certified Obstetrics and Gynecologist, specializing in Gynecology. He is a competent and skillful physician, practicing in Reno for over 31 years. He has been awarded “Best Doctor” by his colleagues, as well as “Best in Community Service” by Renown Hospital.

Our office provides comprehensive women’s health care. Patients can be referred by their physicians for bladder training and pelvic floor therapy, and/or Urodynamics testing. In addition, patients without a physician’s referral can be seen for assessment and assistance with urinary incontinence.

UROSTYM® electrical stimulation during pelvic floor therapy

Dr. Rafael may decide that your pelvic floor muscles could benefit from an extra boost of exercise which can be provided by directly stimulating these muscles. A very mild electrical stimulation causes the muscles to contract without your direct effort. Many people also report this offers a sensation that guides them in identifying the correct muscles to contract. This stimulation often is described as a “tingling sensation”. It is not painful, and will always be adjusted to your specific comfort level.

The Urostym® system offers an effective treatment of lower urinary tract dysfunction. Patients who are candidates for pelvic floor therapy include:

- Mild to moderate stress incontinence.
- Mild prolapse.
- Urge incontinence.
- Overactive bladder.
- Mixed incontinence.
- Pelvic pain.
- Interstitial cystitis.
- Non-Obstructive urinary retention.
- Post-partum incontinence.

WHAT TO EXPECT from your treatment

With each visit you will consult with your technician about your progress and discuss your therapy regimen. Typically your therapy will consist of weekly sessions for six weeks. The first session will last about 1 hour while the remaining sessions will last less than an hour. A small medical device called a probe will be inserted into the vagina and/or rectally to allow direct assessment of the pelvic floor muscles. Adhesive patches will be placed on your abdomen muscles so that you can be assured that only the desired muscles contract while exercising. The probe is yours alone. It will be cleaned after each treatment. You may keep the probe and bring it with you to each visit.

