

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.

PMFT is indicated for:

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

Meet Your Provider



Gina Kruml, WHNP

As a women's health nurse practitioner, Gina provides care for women of all ages. She believes in working together with women to reach their goals for health and wellness.

To learn more, please visit www.whspecialists.com/pelvic-floor-muscle-training or scan the QR code.



To schedule an appointment, please call 301-770-4967.

Our office will call your insurance company to verify your benefits and let you know your responsibility before starting training. Women's Health Specialists participates with most insurance carriers. The only carrier that does not include benefits for Pelvic Floor Training is Medicaid. Please contact the office if you have any additional questions.



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Regain Control

Pelvic Floor Muscle Training

Treatment for bladder and bowel control, voiding dysfunction, pelvic pain and sexual dysfunction.



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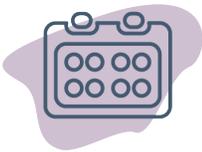


What to expect during Pelvic Floor Muscle Training (PFMT)

Appointments are scheduled once a week, for up to 8 visits, depending on your specific condition.

Like other muscles in your body, your pelvic floor muscles will become stronger with a repetitive exercise program.

Attending your therapy sessions and following the exercise recommendation from your pelvic floor trainer will enable you to have the most successful outcome. Changes in your symptoms are usually noticed within 3-4 visits.



Your first visit will take about 1 hour. Follow-up visits usually take 30 minutes.

The first visit will include a consultation with the provider. They will attain a health history, explain the therapy and answer any questions you may have. You will then participate in your first therapy session.

The provider will teach you how to isolate your pelvic floor muscle, and instruct you on how to perform the pelvic muscle exercises.

Muscle training is individualized. The provider will determine the treatment best suited for you and prescribe a course of therapy for your specific condition.

Exercise Prescription

Contract the muscle for ___ seconds, and relax for ___ seconds (this is one exercise cycle).

Do ___ repetitions in a row. Repeat this 3 times each day.

Quick Flicks

Contract the muscle for ___ seconds and relax for ___ seconds (this is one exercise cycle).

Do ___ repetitions in a row. Repeat this 3 times each day.

The level of exercise prescribed is based on the measurements taken. You will be given an exercise prescription each week to complete prior to your next therapy session.