

## Information Leaflet for Parents and Guardians

# BIOFEEDBACK



### What is Biofeedback?

Biofeedback is a process that uses a special computer game to help your child control the muscles that are used for holding urine and peeing. Biofeedback helps you to become aware of what your muscles are doing during a wee.

### Biofeedback therapy and how does it work?

If your child's bladder problems are caused by poor control of the pelvic floor muscles biofeedback may be a good therapy to try. Biofeedback has been proven to be effective in the treatment of urinary incontinence. It concentrates on the pelvic floor muscles which are extremely important for successful bladder function. The aim is to help you identify, control and strengthen, and effectively relax the pelvic floor muscle. It helps you become very aware of what your muscles are doing during a wee.

To help during the test your child will need a full bladder and feel like weeing. Please make sure your child has a drink before the test.

### Pelvic Floor Muscles

The pelvic floor muscles are at the base of the pelvis below the bladder and are shaped like a hammock. They support the bladder and bowel. If the muscles are weak, the bladder may leak between wee's. If they are too tight it may be difficult to wee and empty your bladder properly.

### What happens during my sessions?

Biofeedback works by measuring and displaying a body function on a computer screen. Therefore, you will have 2 small stickers (electrodes) on your bottom close to the anus and 2 more on your tummy. These stickers are connected to the computer and measure muscle activity.

Once they are in place we will explain and demonstrate how to control an animated character on the screen using your pelvic floor muscles. It can be quite difficult to work out which muscles to squeeze initially-the stickers on the tummy will help us identify if they are using tummy muscles rather than the pelvic floor muscles. You are fully dressed during your session and your movement is not restricted, you will forget the stickers are there.



### **How many sessions will I need?**

The programme is tailored to your needs, after the first session we will discuss how many sessions you may need.

### **What you and your child can do at home**

As well as your training sessions in Urodynamics, you will be given pelvic floor muscles exercises to practice at home. Like all muscles, the pelvic floor muscles need regular exercise to stay strong and work effectively. Muscle has memory and will learn to do what you teach it to do. Muscles quickly weaken if they are not exercised. Try and support and praise your child as much as you can.

### **Contact Numbers**

Urology Clinical Nurse Specialist - 409 6100 (*Extn 6686 Bleep 8686*)

Monday – Friday 9:00 – 5:00pm

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