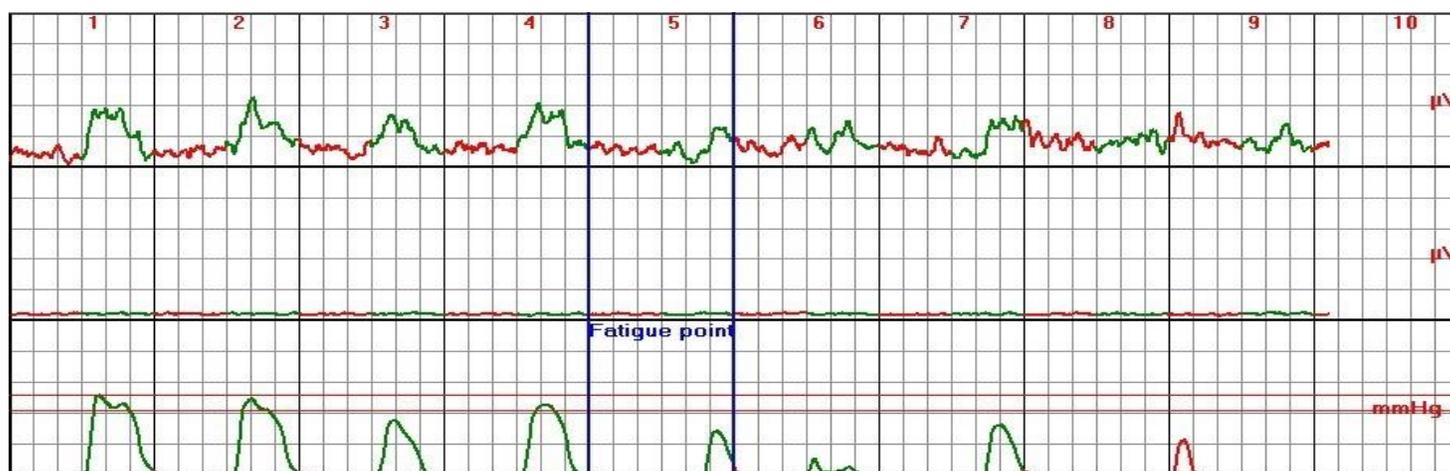


Understanding Manometry

Our Pelvic Floor Therapy program includes Manometry, Electrical Stimulation, bladder training, and lifestyle modifications.

- **Manometry provides a view of three graphs. This is not your graph.**
 - **The top graph (EMG 1)** is produced by the **vaginal probe** and shows the 'tone' of the pelvic muscle.
 - **The middle graph (EMG 2)** indicates **abdominal muscle recruitment**.
 - **The bottom graph (Manometry)** measures the **pressure patients exert on the air- charged probe**. It is measured in mercury, and like a blood pressure cuff which measures pressure and converts it to a meaningful number. **This identifies the muscle's "Fatigue Point" so the patient's personalized exercise "Prescription" can be determined.**
- The Principle of Reversibility, or "use it or lose it". We all understand that if we discontinue exercising a skeletal muscle, it will atrophy. Your Pelvic Floor Specialist will provide a simple maintenance routine that will require approximately 10 minutes weekly to maintain your muscle strength.



Understanding Electrical Stimulation

The Electrical Stimulation delivers a mild electrical current that **causes the muscle to contract FOR YOU**. There is no heat, just an exercising of the muscle.

- If you want to perform a movement, your muscles must work in a coordinated way. Your brain starts the process by sending electrical messages to certain muscles along nerve fibers.
- A fit, healthy, muscle has thousands of nerve endings connecting to its deep layers. As these nerves repeatedly fire, you can see how a muscle will tighten and relax on your command. Any muscle that has weakened will lose its tone and become flatter and thinner. Flatter and thinner means less nerves firing, which can create multiple symptoms in the pelvic floor.
- The three mechanisms of action that occur from exercising the pelvic floor muscle:
 - Strengthen the muscle.
 - Re-educate the neuro-signals between brain and the sacral area.
 - Retrain the muscle to relax through a fatiguing of the muscle.

Understanding the EOB

Anal Manometry

- CPT Code 91122 - Records squeeze pressure of Levator Ani muscle to determine fatigue of pelvic floor muscle.
- CPT Code 51784 - EMG test to measure if nerves are functioning to the pelvic muscles. It also indicates if pelvic muscles are in a relaxed or spastic state.
- CPT code 97750 - Measures and analyzes accessory muscle usage

Electrical Stimulation

- CPT code 97032 - Neuromuscular Electrical Stimulation to passively exercise the pelvic muscle.

90% of our Patients have Significant Improvement
Empowering Women. Restoring Hope.