

Pirkko Raivio 2002 Protocol

Treating Faecal Incontinence With EMG Biofeedback

Physiotherapy clinician **Pirkko Raivio** outlines the benefits and techniques of using electrical neuromuscular stimulation and **electromyographic (EMG) biofeedback** to treat faecal incontinence.

Results

Surface EMG-triggered stimulation appears to have a definite role in the evaluation of sphincter function and in the use of **EMG biofeedback** training in the rehabilitation of the pelvic floor muscles in patients with faecal incontinence.

Methods

Biofeedback involves measuring and displaying ordinarily unfelt physiological events in order to permit self regulation of these events. Because biofeedback generally presents information concerning the mechanism of motor control, it is important to establish the proper scope, to explore the efficacy and to examine the therapeutic mechanism(s).

Treatment using the **NeuroTrac ETS** device (Verity Medical) can assist in the training and rehabilitation of the pelvic floor muscles. The electrical activity or activation of muscles can be measured on the skin surface by attaching surface electrodes, and such feedback is necessary for all motor learning, helping the clinician to follow the progress and success of the treatment.

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