Why Biofeedback Therapy & Pelvic Floor Retraining?

Improve bowel problem(s) • Restore health and gain control of your life • Improve quality of life

Who needs pelvic floor retraining?

Patients with:

- Constipation and dyssynergic defecation
- Fecal incontinence or stool leakage
- Anorectal pain including levator ani syndrome
- Large rectocele or rectal intussus-ception and bowel disorders

Who is not a good candidate for Biofeedback therapy and/or pelvic floor retraining?

Patients with:

- Developmental disability
- Severe neurological disorders
- Dementia
- Anal fissure
- Untreated psychological disorders
- Lack of motivation or willingness to participate
- Children below the age of 5 years
- Children with anxiety

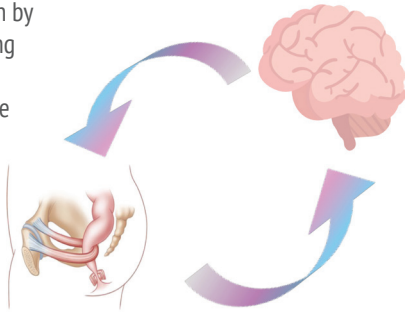
What to Expect From Pelvic Floor Retraining?

Patients with:

Biofeedback therapy and **rectal balloon retraining** are instrument-based training programs that help to restore normal evacuation of stool and regain control to prevent accidental bowel leakage.

Goals of Biofeedback & Rectal Balloon Therapy:

- Improve the strength, coordination, and efficacy of the pelvic floor muscles to improve evacuation with defecation
- Facilitate normal evacuation by simulated defecation training
- Improve rectal sensation
- Reduce unneeded toilet time



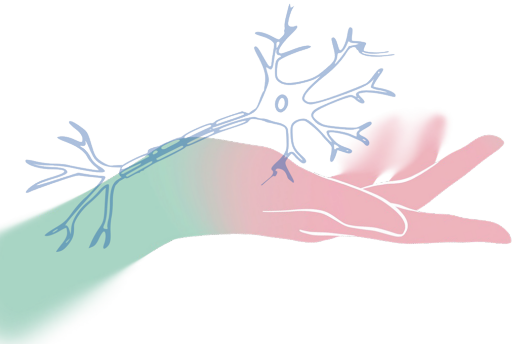
ROME FOUNDATION
ANORECTAL
BIOFEEDBACK
SECTION

Copyright 2024 © Rome Foundation. All Rights Reserved

Become a member of the ROME Anorectal Biofeedback Section (ABS)

This international effort is to:

- Enhance knowledge and understanding of anorectal and pelvic floor disorders
- Develop a focus group for clinical practice and research collaboration
- Educate physicians, physical therapists, APPs, and nurses who provide biofeedback therapy for anorectal disorders
- Develop consensus guidelines, standardize techniques, survey current practices, produce educational workshops, and create a provider directory



Benefits include:

- Inclusion in a searchable Member/Provider Directory
- Access to a provider listserv
- Opportunity to participate in peer consultation and support groups
- Case conferences
- Online materials related to practice
- Opportunities for research collaboration and mentorship
- Early career programs

Rome Anorectal Biofeedback Section (ABS)

Chair: Satish Rao, MD

Co-Chair: Leila Neshatian, MD

Rome Board Liaison: Doug Drossman, MD

ROME FOUNDATION
ANORECTAL BIOFEEDBACK
SECTION

theromefoundation.org

Copyright 2024 © Rome Foundation. All Rights Reserved