



Pelvic Floor / Biofeedback

The evadri System is an office-based treatment unit that provides a safe, well-tolerated therapy for bladder control problems. It treats incontinence by teaching you to control the muscles that support and help control bladder function.

At an in-office treatment sessions, a small sensor is inserted into the vagina. You are then asked to do an exercise called a “Kegel,” or contract the pelvic floor muscles as if trying to stop urinary flow. The sensor evaluates muscle strength and allows the muscle contraction to be seen on a display screen. This helps you and your healthcare professional determine if you are using the correct muscles. This is sometimes referred to as biofeedback.

With a little practice you can learn to contract the correct muscles, while relaxing others, Kegel exercises help strengthen pelvic floor muscles and therefore, improve bladder control. By watching the Kegel exercises on a display screen, you learn the correct exercise technique.

Small patch electrode sensors may be placed across the abdominal muscles to monitor activity. In the next phase of the treatment, painless electrical signals are sent to the weakened pelvic muscles, causing them to contract effectively. These contractions help retrain the muscles and decrease the symptoms of urinary incontinence. The key to success to correct identification, isolation and contraction of the pelvic muscles followed by a muscle relaxation phase.

Treatment with the evadri System usually consists of a series of six to eight office visits, each lasting approximately 30 to 45 minutes. In addition to the office treatments, the healthcare professional usually outlines a symptom-related exercise program that is to be practiced at home. Some patients may need follow-up sessions after their initial treatment regimen.

After simple diagnostic testing, you and your healthcare professional can decide if the evadri Bladder Control System is appropriate for you. Various testing will help your healthcare professional determine what kind of incontinence you have.