Specialist Continence Advisory Service

Local Partnerships

Patient Information Leaflet Number 23

Neuromuscular Stimulation Treatment

A treatment to help improve the strength and effectiveness of your pelvic floor muscles
What is Neuromuscular Stimulation?

Neuromuscular stimulation has been used for many years to stimulate muscle and nerve fibres to treat a number of muscle and nerve related conditions.

Neuromuscular stimulation uses a safe mild electrical current to stimulate the motor and sensory fibres of your nerves; this makes your pelvic floor muscle contract.

Using a neurostimulator can help to increase the strength and effectiveness of your pelvic floor muscle.

Why is this treatment suitable for me?

Your nurse will have carried out a vaginal or rectal examination to determine the strength and endurance of your pelvic floor muscle tone.

If you have been advised that your pelvic floor muscle is weak and you are struggling to locate or identify your pelvic floor muscle to effectively contract it, your nurse may advise that Neuromuscular stimulation therapy may help.

The overall aim is to improve the performance of your pelvic floor muscle enough to help you to do your individualised pelvic floor exercises independently.

How long does treatment last?

We use a variety of treatment programmes and your nurse will advise which programme they have selected (this will depend on your symptoms) and they will programme the equipment for you.

The nurse will set the equipment up with you in clinic and Lock the devise so the selected programme cannot be accidently altered.

The desirable treatment time is **20 minutes once a day** and this can be built up gradually.

The treatment programme normally lasts for 12 weeks and you should ideally be seen by your nurse every 4 weeks for a progress review.

Equipment

The NeuroTrac machine will be loaned to you, free of charge, by the Specialist Continence Service and you will be asked to sign a loan agreement form.

Probe

To use the NeuroTrac you will need to purchase a Periform/Anu probe at a ‘one off’ charge of £13. You will purchase this directly from your nurse.

You will also need to purchase a tube of water-based lubrication which should be applied to the metal parts of the probe each time you use it.

Care of your probe

The probe is for your use only.
Wash the probe with warm soapy water and rinse well after each use. Allow to dry thoroughly before storing. Avoid immersion of the lead wires in water when cleaning.

What if…

Neuromuscular stimulation treatment should never hurt. If you experience any discomfort when using the machine, stop and contact your nurse for advice.

During heavy menstruation it is not advisable to use your machine. (if using a vaginal probe) Resume treatment when menstruation slows down/stops.

Do not use your machine near water. Try to avoid excessively pulling at the leads as they are fragile. Remove leads carefully after treatment to wash your probe. If the power fails check the battery which is located at the back of the machine. The machine uses X1 V9 battery and you can easily change this yourself.

Do not use rechargeable batteries in this device.