



# Pelvic Floor Re-Education: Principles and Practice

*B. Schussler*

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## **Pelvic Floor Re-Education: Principles and Practice** B. Schussler

Pelvic floor re-education is emerging as an effective alternative to surgery in the treatment of urinary incontinence and other related conditions. This volume provides a comprehensive overview of the subject, along with other aspects of the clinical assessment and management of pelvic floor disorders. Starting with the latest theories on the anatomy, pathophysiology and possible causes of pelvic floor damage, the text then describes the importance of pelvic floor evaluation in determining the type of treatment required. A number of re-education techniques are assessed, including isolated muscle exercise, vagina cones, biofeedback control, and electrical stimulation. Recent research work is also reviewed, allowing the reader to evaluate the different modalities advocated in the management of pelvic floor dysfunction. The resulting volume provides an invaluable text for all health care professionals working with incontinent patients.

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