



## **Pelvic Floor E-Stim Program FAQ & Consent**

**What is the Pelvic Floor?** The pelvic floor is a set of muscles that spread across the bottom of the pelvic cavity like a hammock or basket of muscles. The pelvic floor has three openings that run through it, the urethra, the vagina, and the rectum. The functions of the pelvic floor include:

- Supporting pelvic organs, specifically the uterus, bladder, and rectum
- Assist in sphincter control for the bladder and bowel function
- Withstand increases in pressure that occur in the abdomen, such as coughing, sneezing, laughing, straining, and lifting so as to prevent leakage of urine or stool during these activities.
- Enhance the sexual response
- Steady the hips, lumbar spine, sacrum and the pelvis

### **What are the Consequences of a Weak Pelvic Floor?**

When a woman ages or after childbirth, the pelvic floor muscles may begin to sag and weaken as a result of stress placed on them. Many conditions can stress the pelvic floor including:

- Pregnancy & childbirth
- Chronic constipation
- Repetitive straining due to heavy lifting, coughing
- Weakened pelvic floor muscles over time can lead to pelvic organ prolapse, or the falling of a uterus, bladder or rectum into the vaginal canal
- The most common symptoms of a weak pelvic floor are involuntary leakage of urine or stool (urinary and fecal incontinence)

### **Did you Know?**

- Urinary incontinence affects approximately 20 million people in the United States
- Incontinence and overactive bladder are not just problems for older adults. Young women, athletes participating in high impact sports and postpartum women can all be affected



- 60-85% of women with low pelvic tone symptoms reported improvement of often complete resolution of incontinence after 8 weeks of pelvic rehab treatments.
- Approximately 30% of women report improved sexual function following pelvic floor rehab
- Pelvic floor strength has been correlated to orgasm, excitement, lubrication and overall sexual satisfaction.
- Anterior pelvic prolapse can be improved by an entire grade with pelvic floor rehab series of treatment.

### **Symptoms Urostym Program Treats:**

- Stress Urinary Incontinence
- Urge Incontinence
- Mixed Incontinence (both stress and urge)
- Fecal Incontinence
- Pelvic Organ Prolapse
- Urinary Urge & Frequency
- Nighttime Urination

### **Pelvic Rehab E-stim 8 week Treatment Program Includes:**

- Pelvic floor strength training for incontinence and prolapse: daily, short exercises are recommended throughout 8 week program
- Biofeedback for urgency and dysfunctional voiding is conducted
- Gentle and painless muscle electrical stimulation is conducted through a small vaginal probe to assist in muscle re-education and strengthening. By using the e-stimulation it helps our nerves and muscles respond to therapy quicker.
- Bladder training for urgency and overactive bladder
- Vaginal estrogen therapy & medication management for appropriate candidates
- Dietary modification to avoid bladder irritants
- Resources for weight loss to alleviate incontinence
- **Baby in the Bedroom** is a version of pelvic rehab program that provides specific materials for new mom to improve their pelvic floor and intimate life

### **Understanding Pelvic Floor Exercise Therapy:**

Pelvic rehab E-stim is administered by Dr. Serena who is a physician, not a pelvic floor physical therapist. Estim is a program that uses a computer recorder that monitors the



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strength of your pelvic muscles and your progress throughout the therapy. This computerized technology allows you to immediately see the results as you contract and relax the correct group of muscles according to a preset pattern of exercises. Think of this as your personal trainer while you “do a circuit” of exercises just as they do for other muscles in the fitness centers. The Estim program is a complementary therapy to pelvic floor physical therapy. Women who have high tone pelvic tightness in their pelvic floor should not undergo UroStym treatment, as this is designed for women with low tone pelvic floor weakness only.

**Preparation for Estim Office Visit:** Estim treatments are administered in an office setting. For your comfort you are asked to urinate prior to your visits. Menstruation is not a contraindication to physical therapy.

**What to Expect from Each Visit:** Each treatment is divided into two portions.

- ❑ A) During the first portion of the treatment several sensors are utilized to assess muscle function. A small sensor is placed in the rectum and the vagina. You will be asked to tighten these muscles. The muscle testing is important because no two people are exactly alike. The level of exercises we recommend will be based on muscle testing. If too many exercises are performed it may actually fatigue the muscle. If not enough are performed the muscle will not improve.
- ❑ B) During the second portion the same vaginal sensor utilized to assess muscle function is activated to stimulate the muscle. You will feel a gentle tapping sensation and feel the muscle contract. This is not uncomfortable for most women. This is the same type of therapy used for other muscles in the body to help them get stronger faster.

**What to expect afterwards?** Approximately 85% of the patients we see will attain significant improvement or cure with this type of therapy alone. As with any form of treatment there are some patients who do not benefit from non-surgical therapy. Change in your symptoms should be noticed in 3-4 visits if non-surgical therapy is going to be successful for you. This does not mean you will be cured in 3-4 visits but you should notice gradual progress. Remember loss of bladder control did not just occur overnight. We are working with the same muscles that have become weak so success does take some time and most importantly it requires specific exercises and recommendations be followed.



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**Will Insurance Cover This Treatment?** Most insurance will cover the 8 week course of pelvic rehab estim therapy. Prior authorization will be submitted before you begin treatment to best estimate coverage for your plan.

**Insurance Billing Details & Possible Out of Pocket Costs:**

- ❑ **There is a one time supply fee of \$50 at the start of the program.** This price purchases your individual set of probes that will be used for the duration of your treatment, and which you take home at program completion. You will have the option to purchase an at home device that is compatible with your individual probe set for ongoing home treatment if this is warranted for your symptoms. The cost of the *optional* at home device is \$475, and may be covered under your Durable Medical Equipment insurance benefits.
- ❑ All procedure costs of the program will be billed to your insurance. If you have a high deductible, you may receive a bill for this portion of the program costs. If you do not have insurance or coverage for the pelvic rehab program, there is a flat **cash rate of \$2000 for an 8 week session.**
- ❑ Because we are using several different evaluation and treatment modalities throughout one visit, there are several codes that we bill your insurance each session. Below are the codes that we may bill your insurance each week depending on your treatment:

PELVIC FLOOR MUSCLE REHABILITATION (PFMR) CPT Codes and National Average Reimbursement for 2010		
CPT Code	CPT Code Description	Global Reimbursement
91122	Anorectal Manometry/Anorectal pressure reading	\$220
51784	Anal - Urinary muscle study	\$204
97032	Electrical stimulation (requires a GP modifier if Medicare)	\$17
97750	Physical performance test (requires a GP modifier if Medicare)	\$30
<i>(It is recommended that the above codes be used with a muscle diagnosis)</i>		
90911	Biofeedback, peri/uro/rectal	\$84
90901	Biofeedback training, any method	\$34
97530	Therapeutic activities	\$31
97750	Physical performance test	\$30
99212 - 99214	Office/outpatient visit est.	\$39 - \$99
<i>(Face-to-face contact by Physician/NP/PA)</i>		
51798	Measurement of post-voiding residual and/or bladder capacity by ultrasound	\$19
81002	Urinalysis, (dipstick or microscopic)	



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**Program Participation & Consent to Bill Insurance/Fees:**

*I have been provided ample information regarding the nature of pelvic rehab e-stim 8 week treatment. I understand the indication for treatment, that all measures will be taken to obtain accurate prior authorization predicted coverage for this service as well as bill my insurance for coverage. There are no guarantees my insurance will provide coverage as stated prior to starting services. If I do not have insurance, or if my insurance does not cover pelvic rehabilitation services, I consent to a cash fee of \$2000 paid prior to starting the program. I consent otherwise to a \$50 cash fee at the beginning of the program, and responsibility for any deductible or other out of pocket fees as a consequence of my insurance plan and coverage. I have had the opportunity to ask all questions I have about the pelvic rehab program and insurance coverage to my satisfaction.*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Provider: \_\_\_\_\_ Date: \_\_\_\_\_