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Physiotherapy department office

from 8 A.M. to 5 P.M.

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Pelvic floor rehabilitation takes place in the physiotherapy department on floor -1 of Hôpital Kirchberg.

USEFUL LINKS

www.acteurdemasante.lu

www.hopitauxschuman.lu



PHYSIOTHERAPY DEPARTMENT



PELVIC FLOOR REHABILITATION

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Description : Flyer „Pelvic Floor Rehabilitation“ (EN)

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MISSION

During pelvic floor rehabilitation sessions, a specialist physiotherapist treats problems related to pelvic floor muscles attached to the pubis and coccyx.

Our department welcomes men and women of all ages presenting one of the following pathologies:

- Stress, urge or mixed urinary incontinence
- Anal incontinence
- Constipation
- Urogenital or rectal prolapsus
- Chronic pelvic pain

Women :

- Post-partum
- Surgery and other complex mechanisms
- Urogenital, rectal or other operations

Men :

- Prostate surgery
- Rectal surgery or other



OUR PERSONALISED CARE

During the first session, the physiotherapist will explain the therapeutic options available to find a suitable solution to your problem and will request your consent for treatment.

After carrying out a case history, overall testing, digital palpation and on the basis of objectives defined together with you, the physiotherapist will apply different treatment approaches:

- Information on the structure and function of the pelvic floor using anatomical models
- Therapeutic education
- Raising awareness of the pelvic floor
- Mobility and muscular training of the pelvic floor
- Basic and specific exercises

The physiotherapist will use the following techniques, amongst others:

- **Biofeedback** : using a probe connected to a computer to visualise the muscular contraction and relaxation taking place.
- **Electrostimulation** : pelvic floor muscles with a proprioceptive role.
- **Digital palpation** : assessment of muscular function, targeted strengthening, contraction resistance, awareness of the movement, relaxation and stretching.

PRACTICAL INFORMATION

Appointments are made with the physiotherapy department office.

A standardised physiotherapy prescription is essential. The frequency and number of your rehabilitation sessions will be determined on the basis of your pathology. Generally, patients are offered 1 or 2 sessions per week.

If you are affiliated to the CNS, the terms of authorisation, reimbursement by means of third party payment and the rate of reimbursement are those provided by the CNS for outpatient physiotherapy.