

How to Run a Pelvic Muscle Training Session

PhysioPilot

C2 Plus

**Fourth-Generation Software
APPLICATIONS**

Contents

COMMENT : *This section explains how to go through setting up and running EMG feedback sessions.*

[1d2] and [1d4] Pelvic-Abdominal EMG Trainers

Assess and treat the neuromuscular component of weak pelvic muscles. This is typically used for Urinary Incontinence training.

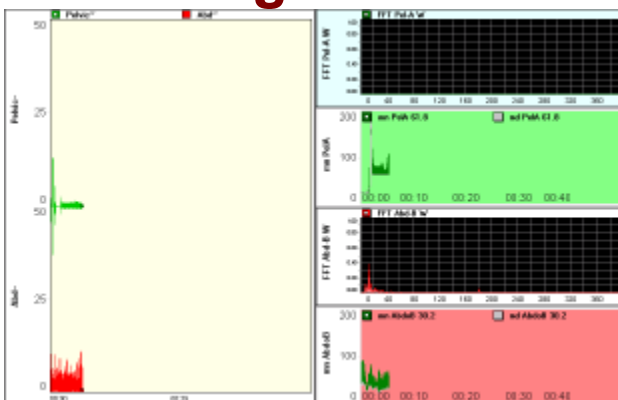


Connect EMG 1 to monitor the pelvic muscle.
Connect EMG 2 to monitor the abdominal muscle.

About EMG sensors:

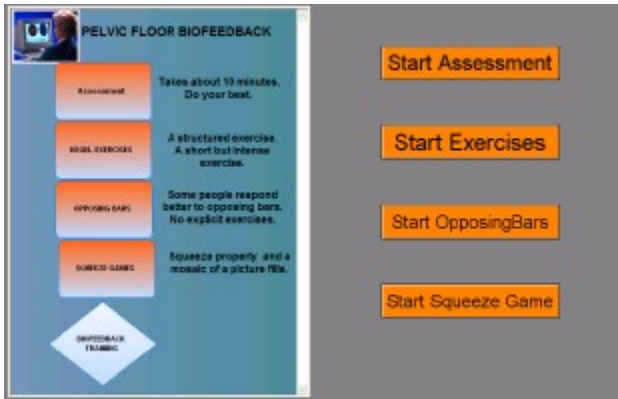
The standard C2+ cables are for external sensors only.
Go to the J&J website for other EMG options.

Check Signals



Make sure the external sensors are grounded.
You may need to scrub the skin to make good contact.
Follow the manufacturer's instructions if using an internal sensor.

Start Task

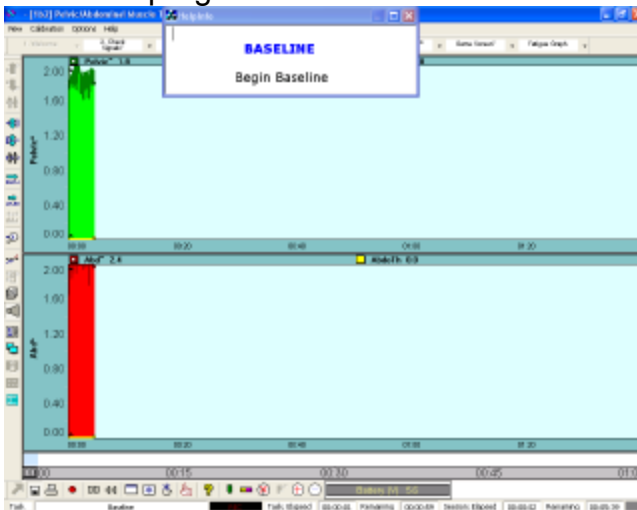


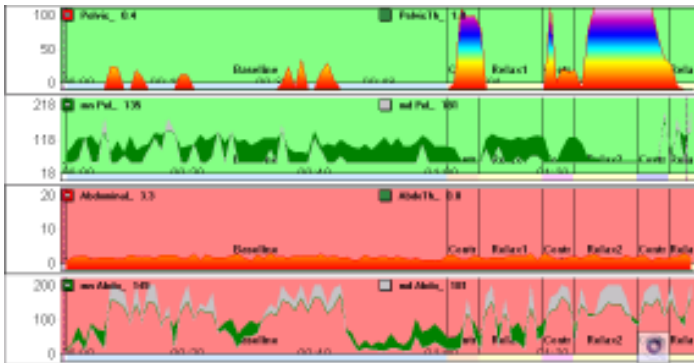
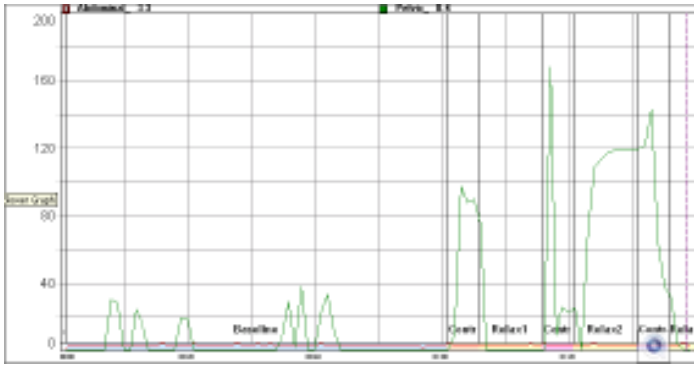
- Start Assessment
- Start Exercises
- Start Opposing Bars
- Start Squeeze Game

These are buttons. Press one.

Start Assessment

This is a structured assessment. It takes about 10 minutes. Details are provided within the program.





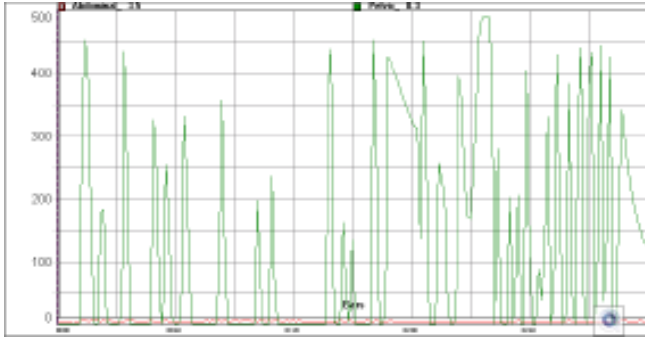
It too has a fatigue graph.

Start Opposing Bars

This is a free-form exercise. There is no time limit. Use this to promote and shape stronger and longer pelvic squeeze-releases.



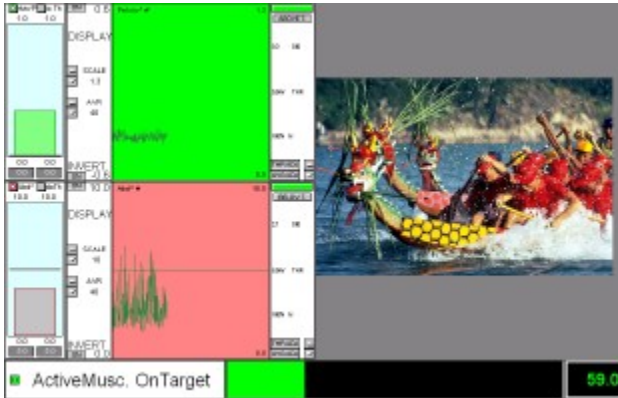
Opposing Bars start the procedure. However you may want to use a different screen during the session.



Note that 'BARS' is imbedded into the screen.
 You know that the Opposing Bars started this session.

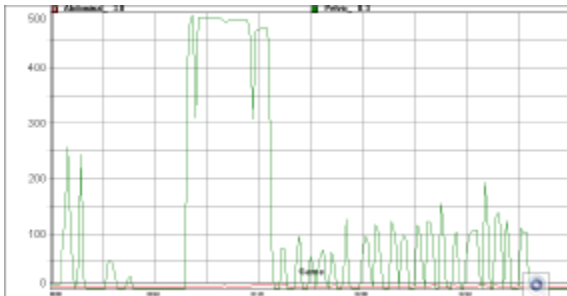
Start Squeeze Game

This is also a free-form exercise.



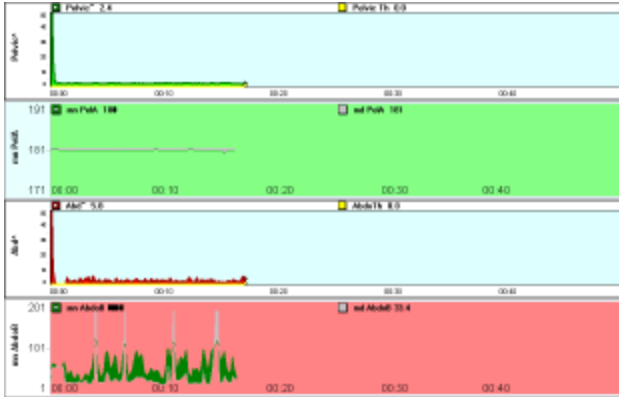
The technique to change pictures is detailed in the Physiolab manual.

Data Management uses the same screens shown above. However the screen is labeled GAMES:



Additional Screens

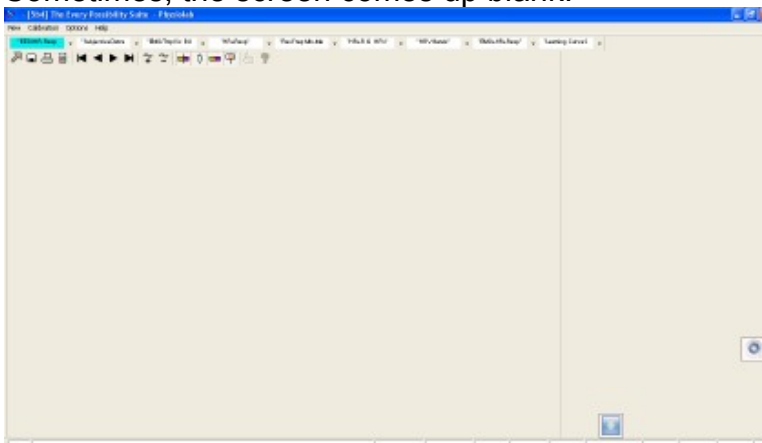
The fatigue graph is optional and experimental.



The ratio of mean frequency to median frequency is one indicator of local muscle fatigue. Ordinarily the mean remains below the median, even when squeezed. When the mean is equal to the median, the underlying muscle is working hard. When the muscle fatigues, the median falls below the mean, if only for a second. A series of 'inversions' [median over mean]. suggests a locally fatigued muscle.

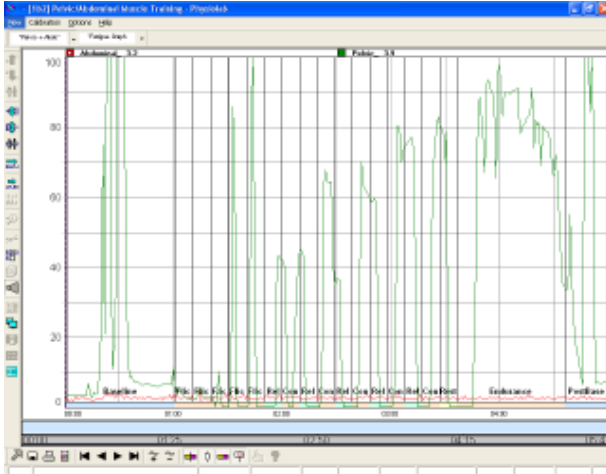
Manage Data

Sometimes, the screen comes up blank.

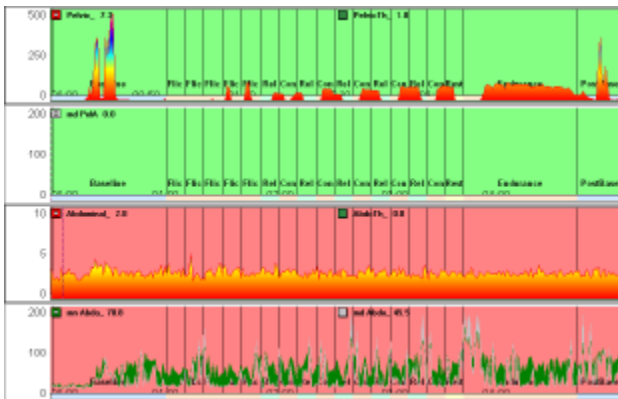


Click anywhere to active graphing.
Click the Tabs on the top row to go to different Report Graphs.

• PELVIC-ABDO GRAPH



• FATIGUE GRAPH



Note: The C2+12 is a 4-Channel EMG system. It is identical to the 2 channel version, but adds important channels: two additional channels monitor right and left leg movements. Place them anywhere on the exposed lower leg, such as the ankle.

[1b4] 4 EMG Pelvic-Abdominal EMG Trainer

The C2+ 12 channel version is similar. It has two additional channels to monitor muscle activity. Otherwise it is identical.

