

# Evaluation of pelvic floor muscles using light technology

## PURPOSE OF THIS STUDY:

The purpose of this study is to use a new tool with near infrared light to evaluate pelvic floor muscle function after a therapeutic exercise routine. The goal is to improve bladder issues by increasing pelvic floor muscle function.

## WHO CAN PARTICIPATE?

Women 19 years of age or older who experience leakage of urine related to a neurologic condition such as spinal cord injury or multiple sclerosis. We are also looking for women with no bladder issues or neurologic conditions to be controls.

## WHAT IS INVOLVED?

There will be 2 clinic visits that involve assessment of the pelvic floor muscles. You will be instructed on how to perform a series of pelvic floor muscle exercises which will be completed at home in between the 2 clinic visits. An honorarium will be provided upon completion and free parking is provided.

## CONTACT INFORMATION:

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## PRINCIPAL INVESTIGATOR

Dr. Lynn Stothers  
Professor, Department of Urologic Sciences,  
UBC  
Principle Investigator at the International  
Collaboration for Repair Discoveries  
Research Investigator with VCH Research  
Institute

## STUDY TIME / DURATION

Ongoing recruitment

## STUDY LOCATION

The study takes place at the Blusson Spinal Cord Centre located at  
818 West Tenth Avenue, Vancouver, V5T 1M9

To learn more about this study, visit [vchri.ca/participate](http://vchri.ca/participate)