

## **Brækken, Ingeborg Hoff, et, al 2024 Abstract**

### **PFMT Vs. Intravaginal ES In Treating UI And Pelvic Organ Prolapse**

#### **Objective**

The study's aim was to investigate the hypothesis that intravaginal **electrical stimulation (iES)** improves pelvic floor muscles (PFM) strength more than pelvic floor muscle training (PFMT) in women with weak pelvic floor muscles experiencing urinary incontinence (UI) and pelvic organ prolapse (POP).

#### **Results**

The study demonstrated that both **iES** and PFMT are feasible interventions in women with weak PFM. Women in both groups increased their PFM strength and reported improvements in symptoms of POP and urinary incontinence.

#### **Participants and Researchers**

Fifteen women over the age of 18, with a median age of 49 years, were recruited for the study.

The researchers were: *Ingeborg Hoff Brækken*, Department of Research and Innovation, Akershus University Hospital, The Pelvic Floor Centre, Lørenskog, Norway and Health Department Northern Follo Municipality, Kolbotn Physiotherapy Institute, Kolbotn, Norway; *Tove K. L. S. Villumstad*, Health Department Northern Follo Municipality, Kolbotn Physiotherapy Institute and Division of Medicine, Physiotherapy, Akershus University Hospital, The Pelvic Floor Centre; and *Natalie Michelle Evensen*, Health Department Northern Follo Municipality, Centrum Physiotherapy Ski DA, Ski, Norway.

#### **Methods**

Eight of the women were randomised to iES and seven to PFMT. Both groups were offered 12 one-to-one physiotherapy sessions over a six-month period.

Subjects in the iES group used the **NeuroTrac MyoPlus Pro** muscle stimulation device (Verity Medical) with two Verity Medical self-adhesive electrodes and a vaginal probe once a day for the study period. Electrical stimulation parameters were tailored to each participant.

The PFMT group undertook PFM exercises twice a day at home, with the addition of facilitation techniques at treatment sessions only. Vaginal palpation and electromyography (EMG) testing with the **NeuroTrac MyoPlus Pro** were used by the treating physiotherapist to guide progression with training.

The full abstract can be found at <https://link.springer.com/content/pdf/10.1007/s00404-024-07389-2.pdf>