

## **Transcutaneous Neuromodulation On People With OAB After Stroke**

### **Objective**

The aim of the research was to evaluate the effectiveness of transcutaneous **electrical stimulation (ES)** therapy bilaterally of the posterior tibial nerve in patients with incontinence urinary tract (UI) and overactive bladder (OAB) after a cerebrovascular accident (stroke).

### **Results**

By carrying out intensive treatment, improvements were observed in terms of the reductions of the type of urinary incontinence and urge frequency. Through the treatment of tibialis posterior neuromodulation there is a generalized improvement in the type of urinary incontinence, starting in a moderate urinary incontinence reaching mild and/or at the end of the investigation.

### **Participants and Researcher**

A total of seven participants, five with ischemic stroke and two with hemorrhagic stroke, were involved in the study. During the course of the intervention there were several cases that were discharged for different reasons. Only the analysis of four cases was carried out, since they are only those that finished the entire treatment period.

The researcher was Anna Ollado Lario for a masters thesis and program at the Faculty of Health Sciences, Alfonso X el Sabio University, Madrid, Spain.

### **Methods**

The participants first undertook a three-day voiding diary prior to treatment. All users underwent transcutaneous neuromodulation treatment for two months with four assessments carried out during that period. All the tests were passed again after another month, this time without intervention, to observe if there was improvement, stability or worsening.

For the electrical stimulation the **NeuroTrac MultiTENS** (Verity Medical) was used in the study.