

Isabel Marques Garcia, 2018 Abstract

Physiotherapy In OAB And Low Back Pain

Objective

The main objective of the study is to describe the case of a patient diagnosed with overactive bladder (OAB) and non-specific low back pain and the application of physiotherapy based on percutaneous **electrostimulation (ES)** of the posterior tibial nerve and exercises of the deep abdominal and pelvic floor muscles (PFM).

Results

After the intervention plan of physiotherapy including the use of **electrostimulation**, there is an improvement in the condition and control of the pelvic floor muscles, a decrease in the frequency and urinary urgency, an elimination of leakage episodes and a significant reduction in lumbar pain.

Researcher

The research was carried out by Isabel Marqués García for a dissertation at the Faculty of Health Sciences, University of Zaragoza, Spain.

Methods

The physiotherapy intervention plan is based on bladder re-education, PFM training and **electrostimulation** of the posterior tibial nerve. For the electrostimulation technique the plan calls for the use of a **NeuroTrac MyoPlus Pro** device (Verity Medical).