

Johannessen, H.H, et al, 2017 Abstract

Do pelvic floor muscle exercises reduce postpartum anal incontinence?

Objective

To evaluate the effect of pelvic floor muscle exercises (PFME) for postpartum anal incontinence (AI).

Results

That results indicate that individually adapted PFME reduces postpartum AI symptoms. The analysis on unimputed data showed that women performing weekly PFME improved their AI scores more than women in the control group did.

The women in the intervention groups also had increased ability to perform voluntary pelvic floor muscle contractions (VPFMC), and both studies had low drop-out rates. Performing regular pelvic floor muscle exercises may be an effective treatment for postpartum anal incontinence.

Participants and Researchers

One hundred and nine postpartum women with AI at baseline in a randomised controlled trial. The study was not blind., all participants were informed of the procedures.

The research team were: HH Johannessen, Department of Physiotherapy, Østfold Hospital Trust, Grålum, Norway; A Wibe, Department of Cancer Research and Molecular Medicine, Norwegian University of Science and Technology, Trondheim, Norway and Department of Surgery, St Olavs Hospital, Trondheim University Hospital; A Stordahl, Department of Surgery, Østfold Hospital Trust, Grålum, Norway; L Sandvik, Centre of Biostatistics and Epidemiology, Oslo University Hospital, Oslo, Norway; and S Mørkved, Department of Public Health and General Practice, Norwegian University of Science and Technology, Trondheim, Norway Department of Clinical Services, St Olavs Hospital, Trondheim University Hospital, Trondheim.

Methods

The intervention group received six months of individual physiotherapy-led PFME and the control group written information on PFME. Women in the PFME group with absent voluntary pelvic floor muscle contractions (VPFMC) were offered electrical stimulation with **Neurotrac ETS Pelvitone devices** (Verity Medical) and Anuform hard anal probe, (Neen Mobilis Health Care Group, UK) for home use until they were able to perform active VPFMC and commence PFME treatment.

The full abstract can be found at [Ahttps://pubmed.ncbi.nlm.nih.gov/27272501/](https://pubmed.ncbi.nlm.nih.gov/27272501/).