

Kairaluoma et al, 2004 Abstract

Biofeedback Therapy In Functional Proctologic Disorders

Objective

The aim of the study was to assess the results of **biofeedback** therapy in patients with anal incontinence or constipation.

Results

Biofeedback therapy improves incontinence after sphincter repairs and in patients with partial external sphincter defects. Biofeedback is also effective in patients with constipation, especially when anismus is the only cause for symptoms of constipation and difficult evacuation.

Participants and Researchers

Fifty-two consecutive patients were treated with biofeedback therapy for anal incontinence or constipation were studied.

There were 22 patients with anal incontinence; 21 female and one male, with a median age of 57 (range 27–84) years, and 30 patients with constipation and outlet obstruction; 22 female and eight male, with median age of 56 (range 25–83) years.

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Methods

Puborectal electromyographic activity during attempted defecation was measured using **EMG** devices including the **NeuroTrac ETS EMG** (Verity Medical) and **NeuroTrac** software. Paradoxical puborectalis contraction (anismus) was defined by a sustained increase in plug EMG activity.

The full abstract can be found at <https://pubmed.ncbi.nlm.nih.gov/15544072/>