

McClurg (1) et al Abstract

Pelvic Floor Muscle Training for MS and Urinary Tract Dysfunction

Objective

The aim of this double-blind randomized controlled trial (RCT) was to determine whether pelvic floor muscle (PFM) training (PFMT) improves lower urinary tract function in people with multiple sclerosis (MS).

Results

The results of the RCT demonstrated that improvement in the strength and endurance of these muscles was possible, and a significant reduction in symptoms was evident. A nine-week PFMT programme, which included the use of electromyography biofeedback, showed the improvement of the function of the PFMs, reduced the symptoms associated with lower urinary tract dysfunction and increased quality of life in people with MS.

Participants and Researchers

Thirty-seven subjects (11 males and 26 females) with a definite diagnosis of MS were recruited from neurological outpatient departments and MS charities throughout Northern Ireland. To be eligible for the study, the participants had to have a diagnosis of MS with the disease stabilised for the previous three months, be over 18 years of age, be able to transfer independently.

The lead researchers were Dr Doreen McClurg, Nursing, Midwifery and Allied Health Professions Research Unit, Glasgow Caledonian University; Lowe-Strong, Health and Rehabilitation Sciences Research Unit, University of Ulster, Jordanstown; and R.G. Ashe, Obstetrics and Gynaecology Dept, Antrim Area Hospital, County Antrim, Northern Ireland.

Methods

The participants received individualized PFMT combined with electromyography (EMG) biofeedback for nine weeks. These individuals served as the control of the effects of neuromuscular electrical stimulation on bladder dysfunction in people with MS.

The intervention period was for nine weeks, with participants attending weekly clinics and performing daily PFM exercises at home. At week 1, PFM function was assessed during a vaginal/anal assessment and graded according to the Modified Oxford Scale, biofeedback was also performed using a Periform (female) or Anuform (male) electrode (Neen Healthcare) and a **NeuroTrac ETS** unit (Verity Medical).

This abstract can be found at <https://www.researchgate.net/publication/268376422>.