

## Naimy, Nazir, et al, 2007 Abstract

### BF vs. ES In Treating Postdelivery Anal Incontinence

#### Objective

The study was designed to evaluate the effect of **biofeedback (BF)** and **electrostimulation (ES)** in a randomized, clinical trial for the treatment of patients with postdelivery anal incontinence.

#### Results

The research showed that there was no difference in effect between **biofeedback** and **electrostimulation**. Both treatments resulted in improvement of patients' subjective perception of incontinence control and improvement of symptoms.

#### Participants and Researchers

Forty-nine females who sustained third-degree or fourth-degree perineal rupture with a mean age of 36 (range, 22–44) years were included in the study.

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#### Methods

The patients were randomized to either **biofeedback** or **electrostimulation** treatment. Forty participants completed the study - 19 in the biofeedback group and 21 in the electrostimulation group. Biofeedback or electrostimulation sessions were performed two times daily for eight weeks in each group.

The **NeuroTrac ETS** device (Verity Medical) was used both for **biofeedback** and **electrostimulation**.

The full abstract can be found at

<https://pubmed.ncbi.nlm.nih.gov/17914654/#:~:text=Conclusions%3A%20This%20study%20shows%20that,incontinence%20quality%20of%20life%20scores...> or at

<https://link.springer.com/article/10.1007/s10350-007-9075-5>