

PAKER, Merve KESKİN, et al., 2023 Abstract

The Effectiveness Of PFMT, BF And TTNS In OAB

Objective

The study aimed to comparatively assess the effectiveness of pelvic floor muscle training (PFMT), **biofeedback (BF)**, and **transcutaneous tibial nerve stimulation (TTNS)** treatments in overactive bladder (OAB) patients.

Results

The overall effectiveness of the conservative treatments was determined to be similar and are economical, non-invasive, easily applicable, and have high patient compliance rates, fewer side effects, and positive outcomes.

The results of the study found that combinations including **BF** and **TTNS** can improve frequent urination and urge symptoms. In the selection process, conservative treatment methods should be personalised.

Participants and Researchers

Patients aged between 18 and 70 were included in the study, with 98 women diagnosed with urge urinary incontinence (UUI) taking part.

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Methods

The patients were randomly divided into three groups, 32 patients in Group 1, using PFMT; 32 in Group 2 using PFMT and **BF**; and 34 patients in Group 3 using PFMT and **TTNS**. Physiotherapy was applied to all three groups before and after their treatments. In Group 1 PFMT exercises consisted of outpatient sessions and home training twice a week for 12 weeks.

In Group 2 **biofeedback** was applied using the **NeuroTrac MyoPlus4 Pro** (Verity Medical) device. **BF** treatment was performed on the patients three times a week for 12 weeks with a 20-minute program in each session.

The **NeuroTrac MyoPlus4 Pro** was also used for **transcutaneous tibial nerve stimulation (TTNS)** treatments in patients in Group 3. Patients in Groups 2 and 3 were additionally asked to carry out PFMT at home.

The full abstract can be found at
<https://www.jcog.com.tr/article/en-comparison-of-the-effectiveness-of-pelvic-floor-muscle-training-biofeedback-and-tibial-nerve-stimulation-in-overactive-bladder-syndrome-a-prospective-randomized-controlled-study-105594.html>