

## **Pané Alemany, Regina, 2021 Abstract**

### **Efficacy Of Perineal NMES Vs. Intracavitary NMES In The Treatment Of UI**

#### **Objective**

The study compared the effectiveness of perineal neuromuscular electrical stimulation (NMES) versus intracavitary NMES in the treatment of urinary incontinence (UI) in men after radical prostatectomy.

#### **Results**

The study results suggest that the effectiveness of the two treatments is not different from a statistical point of view. However, both techniques showed a significant decrease in UI. The continuity of the exercise (PFMT) regimen coupled with NMES at home, once the initial physiotherapy treatment is finished, improves strength and muscle tone.

#### **Participants and Researcher**

The 70 patients who met the selection criteria were randomly assigned to two groups,

The researcher was Regina Pané Alemany for a doctoral thesis, Department of Pediatrics, Obstetrics and Gynecology, Faculty of Medicine, Autonomous University of Barcelona, Spain.

#### **Methods**

A total of 70 men with a mean age of 62.8 years were included. All had undergone radical prostatectomy surgery and subsequently presented UI derived from surgery. The two groups consisted of 35 patients in the CG (intra anal intracavitary electrostimulation) treatment and 35 patients took part in the GI (surface transcutaneous electrostimulation) group.

The dual-channel NMES **NeuroTrac Pelvitone** unit (Verity Medical) was used in the research. The intervention under study involved ten weeks of treatment plus one session by telephone six months after completing treatment. Pelvic floor muscle training (PFMT) was also incorporated in the treatments.

The full abstract can be found a <https://pubmed.ncbi.nlm.nih.gov/33509164/>