

Tao et al, 2022 Abstract

Short-Term Multimodal Physiological Therapy On Vulvodynia

Objective

The aim of the trial was to evaluate the effectiveness of short-term multimodal physical therapy in women with provoked vulvodynia.

Results

A short-term multimodal physiological therapy including lidocaine, capsaicin and **transcutaneous electrical nerve stimulation (TENS)** enabled women with provoked vulvodynia to achieve rapid pain relief, moderate or high improvement in sexual encounters with the efficacy apparently lasting long term. The tolerability and safety were high.

Participants and Researchers

Ten women were diagnosed with provoked or spontaneous vulvodynia. The average age was 34.1 years, with a range of 25 to 50.

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Methods

Women with intolerable vulvodynia were included in the study. Medical screen including cotton-tipped testing and pelvic examination were performed by one gynecologist. Women lied down with cross-legged receiving once treatment per 1-2 weeks until completely pain relief achieved. Treatment consisted of a multimodal approach including lidocaine gel, capsaicin gel, and transcutaneous electrical nerve stimulator for 30 minutes, with TENS being administered through skin probes via a dual channel **NeuroTrac TENS** device (Verity Medical).

At the completion, all women were followed for three to six months to assess efficacy, satisfying sexual events (SSE) in four weeks, adverse events and recurrence.

The abstract can be found at <https://doi.org/10.1016/j.jsxm.2022.03.517>