

Elimination diet combined with pelvic floor muscle training demonstrated positive effects on problem perception and movement imagery abilities.

13 women with IC/PBS
Mean age: 44.00 ± 7.51 years

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Holistic Approach in the Treatment of Painful Bladder Syndrome/ Interstitial Cystitis: Elimination Diet and Pelvic Floor Muscle Training: Pilot Study

BACKGROUND & AIM

Interstitial Cystitis/Painful Bladder Syndrome (IC/PBS) is a complex syndrome characterized by chronic pelvic pain, urinary frequency and urgency, and impaired quality of life.

Aim: To investigate the effects of elimination diet and pelvic floor muscle training on symptoms, problem perception, and movement imagery ability in individuals diagnosed with IC/PBS.

STUDY DESIGN, MATERIALS AND METHODS

Participants

13 women diagnosed with IC/PBS by a urologist (mean age 44.00 ± 7.51 years).

Measures

Demographic form; Interstitial Cystitis Symptom Index (ICSI); Interstitial Cystitis Problem Index (ICPI); Movement Imagery Questionnaire-3 (MIQ-3).

Intervention

Group	Diet	PFMT	Online sessions
Diet + exercise	Yes	Yes	2×/week × 6 weeks
Diet	Yes	No	1×/week × 6 weeks

Analysis

Within-group: Related-Samples Wilcoxon Signed Rank Test. Between-group: Independent-Samples Mann–Whitney U test.

The study was conducted in accordance with the Declaration of Helsinki; ethical approval and informed consent were obtained.

RESULTS

Within-group analyses

- Diet group: ICPI (p = 0.026).
- Diet + exercise group: ICSI (p = 0.033), ICPI (p = 0.046), and kinesthetic imagery (p = 0.018).

Outcome	Diet	Diet + Exercise
ICSI	0.800	0.033
ICPI	0.026	0.046
Internal visual imagery	0.104	0.104
External visual imagery	0.586	0.063
Kinesthetic imagery	0.655	0.018

Between-group analyses

Outcome	p
ICSI	0.566
ICPI	0.351
Internal visual imagery	0.031
External visual imagery	0.098
Kinesthetic imagery	0.004

External visual imagery: no significant difference between groups

INTERPRETATION & CONCLUSION

Elimination diet combined with pelvic floor muscle training demonstrates a positive effect on problem perception and movement imagery abilities in patients with IC/PBS. These findings support the importance of multidisciplinary approaches.

REFERENCES

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