

# EFFECTIVENESS OF CONSERVATIVE THERAPY IN IDIOPATHIC OVERACTIVE BLADDER

Naglaa Ali Gadallah , **Abeer El Zohiery** , Rowaida Ali.  
Physical Medicine, and Rehabilitation. Cairo, **Egypt** .

## INTRODUCTION:

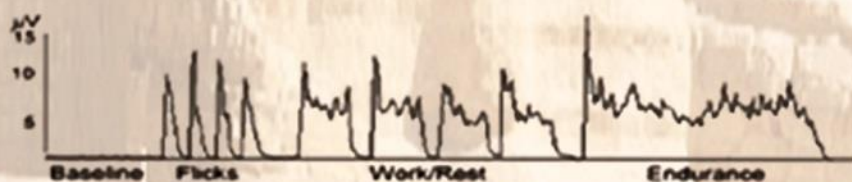
- \*OAB is a common disabling condition that affects health-related quality of life.
- \*Pelvic floor rehabilitation is the first recommended conservative line in the management process per recent guidelines .

## AIM OF THE WORK:

- \*To investigate the role of biofeedback and electrical stimulation as conservative management lines for OAB.

## METHODOLOGY:

- \*30 females with idiopathic OAB ( confirmed by urodynamics study) and 10 matched healthy controls were included.
- \*They underwent thorough clinical, & electrodiagnostic assessment (including PNTML).
- \*Patients received 12 sessions (3/week) of biofeed back (BFB) and Interferential (IF) electric stimulation to pelvic floor muscles .
- \*A vaginal probe was inserted into the vagina to monitor pelvic floor muscles contraction. Training of fast and slow twitch muscle fibers was performed. The exercise started by 5 flickers of rapid maximum contraction followed by successive intermittent contractions and relaxations.
- \*Symptom Score Questionnaire (SSQ) was recorded for the patients before and after the sessions (self-administered questionnaire consisting of seven questions on a five-points scale including all symptoms of OAB).
- \*This study was novel in combining neurophysiologic assessment with biofeedback treatment assessment in idiopathic OAB patients.



## Work -rest cycles through biofeed back sessions

## RESULTS:

- \*Our patients showed a significantly delayed PNTML than controls (sign of demyelination which may be due to traction of terminal portion of pudendal innervations due to vaginal delivery.
- \*All our patients showed improvement of their symptoms after 12 physical therapy sessions (100%). There was a highly significant increase of the score of the SSQ after the rehabilitation sessions .

## Concluding message :

- \*Possible neuropathic involvement may contribute in the pathogenesis of idiopathic OAB for further research studies.
- \*Pelvic floor rehabilitation through biofeedback and IF is an effective and promising conservative tool in improving symptoms of idiopathic OAB.

Contact:

[dr.abeerzohiery@med.asu.edu.eg](mailto:dr.abeerzohiery@med.asu.edu.eg)