

IS THERE RELATION BETWEEN PELVIC ORGAN PROLAPSE AND JOINT HYPERMOBILITY? AN OBSERVATIONAL STUDY.

Hypothesis / aims of study

POP (Pelvic Organ Prolapse) is a very common condition in multiparous women. Joint hypermobility has been described in 15% of general population.(1) The objective of this research was to establish the possible relationship between joint hypermobility and POP.

Study design, materials and methods

The studied group were women who have been diagnosed POP before 55 years old with stage 2 or more POP using the modified POPQ clasificattion (2). This women have had up to 4 deliveries vaginal and / or C-sections, not to perform forced labor or high-impact sports and do not suffer from obesity (BMI over 31). These group had a joint evaluation performed by a physiotherapist using the Brighton criteria, call to see whether or not presented joint hypermobility. This included a short interview and assessment of hypermobility of 9 joint points.(3) The data obtained were analyzed using the SPSS program, using the mean and standard deviation. As a measure of dispersion, were made 2 correlations (Kendall Tau b and Spearman's rho) to calculate the strength of the relationship between the degree of prolapse and hypermobility.

Results

Between December 2004 and September 2009, 93 patients were operated for stage 2 or more POP in Clinica Las Condes or Air Force Hospital in Santiago de Chile. Using the selection criteria 42 of these patients where candidate for evaluation. Only 13 patients were able to be evaluated.

The selected group was between 40 and 55 years old (when POP was diagnosed) with mean age of 50 years old, the mean vaginal deliveries were 2,62 and C section 0,31.

It was found that 77% of patients evaluated had articular hypermobility, with 4 or more points in Brighton criteria. According to statistical analysis a negative correlation between both variables is present. The strength of the relation between two variables was significant.

Interpretation of results

This study shows a strength correlation between POP an joint hypermobility, 77% of the evaluated patients. As it is known, POP has multiple risk factors, so we need further studies to give hypermobility the real value.

Concluding message

To conclude a real relation between joint hypermobility and POP, we need a control group, women without POP, to compare the association of both conditions.

References

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Is this a clinical trial?	No
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	No
This study did not require ethics committee approval because	It was a retrospective research. Interview and a simple exam to patients performed by Physiotherapysts
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes