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**Title:** THE MAINTENANCE EFFECT OF FES-BIOFEEDBACK: 6 MONTHS AFTER THE TREATMENT IN STRESS URINARY INCONTINENCE

**Aims of Study:**

This study was aimed to investigate adherence to exercise, pelvic floor muscle (PFM) function and strength and patient satisfaction 6 months after cessation of FES-Biofeedback for stress urinary incontinence.

**Methods:**

Twenty-two women who had taken part in an FES-Biofeedback therapy from July 1999 to June 2000 and available to follow-up after 6 months participated in the study. Structured interview, vaginal palpation and vaginal squeeze pressure were used to assess the condition, PFM function and muscle strength, respectively. FES-Biofeedback therapy was scheduled to perform two sessions per week for 6 weeks. Patients were instructed to visit every month to be checked their PFM exercise accuracy, PFM function and strength for 6 months.

**Results:**

Sixty percent of the women were exercising the PFM once a week or more often. Mean PFM strength was 17.5 mm Hg. Two women had undergone surgery after treatment cessation. Eighty-five percent were satisfied with their condition.

Time	Baseline	Immediate after Treatment	6 months after treatment
PFM strength(mmHg)	10.7±8.33	17.9*±10.65	17.5*±9.51
Squeeze duration(sec)	1.3±0.88	2.6*±2.32	4.1*±2.91

(\*P <0.05)

**Conclusions:**

FES-Biofeedback is the most effective non-surgical treatment to learn accurate PFM exercise and improve PFM function and strength. However, maintenance of the PFM function and strength depends on post-treatment PFM exercise compliance. Continuous and periodic follow-up with encouraging PFM exercise may help to maintain satisfactory treatment results for longer period.

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