Abstract 419

To Contract or Not to Contract:

Should we use pelvic floor muscle exercises in the treatment of dyspareunia?

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AIM OF STUDY

The rationale for PFMEs and their effects in different conditions related to dyspareunia, including an exploration of potential mechanisms through which these exercises may alter its symptoms.

STUDY DESIGN, MATERIALS, METHODS

STUDY DESIGN

Narrative Review

SEARCH

PubMed, Ebsco Host – CINAHL plus and APA Psychinfo, OVID - Medline, SCOPUS, CENTRAL, Web of Science

SEARCH STRATEGIES

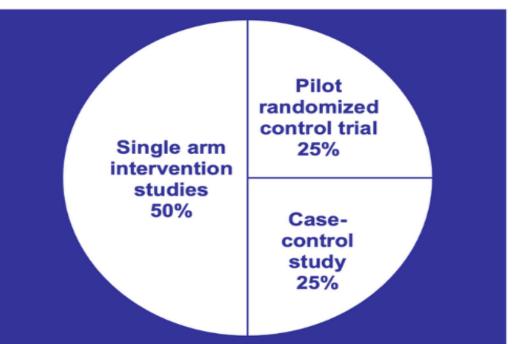
Relevant studies trough searches conducted for other literature reviews perform by the authours of this study. Additional searches using different keywords.

KEY WORDS

Dyspareunia, Physiotherapy, PFMEs

NARRATIVE SYNTHESIS

Studies providing data on possible mechanisms of action of PFM exercises for the treatment of dyspareunia



Studies investigating the effects of PFM exercises for the treatment of dyspareunia

Dyspareunia post-partum Dionisi 2011

Dyspareunia in menopause Schvartzman et al., Mercier et al. 2020

> Dyspareunia in cancer survivors Cyr et al. 2020, 2021, 2022a, 2022b

Vulvodynia Bardin et al. 2023 Morin et al. 2021 Rajalaxmi et al. 2018

Dyspareunia: non specified Ghaderi et al. 2019, Da Silva Pereira et al. 2020, Fernandez-Cuadros et al. 2020

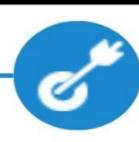
RESULTS AND INTERPRETATION













PFM exercises often a part of multimodal intervention Training variety

Steady load progression

Physiotherapist supervision (at least at the beggining)

Attention to technique (relaxation after contraction, breathing)

Relaxation or stretching exercises/manual techniques before or after PFM exercises

RESULTS DECREASE OF PFM TONE **IMPROVED CONTRACTILITY AND** RELAXATION PFME IN ENHANCED STRENGTH AND ENDURANCE reported in different studies IMPROVED BLOOD FLOW AND VAGINAL MUCOSAL TISSUE CONDITION AND ELASTICITY MPROVED AWARNESS AND MOTORACUITY OF THE

For the full text, references, and video presentation, please **SCAN** the QR code



CONCLUSIONS

- Despite the common belief that PFM exercises are contraindicated in pelvic pain conditions such as dyspareunia, they are widely implemented in various forms in the identified research studies.
- ✓ PFMEs demonstrated improvements in dyspareunia **symptoms** (reduced pain and improved sexual function) and safety, without reported side effects.
- ✓ The variety of functional PFME methods provided as part. of multimodal therapy demonstrates their versatility in managing dyspareunia, with potential implications for their wider efficacy in treating pelvic pain.
- Clincians should be mindful when making generelised statements, especially on social media, discouraging PFM exercises in conditions related to dyspareunia, as they may overlook nuanced points within literature and eliminate potentially beneficial intervention.