

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 Psycinfo, OVID - Medline, SCOPUS, CENTRAL, Web of Science

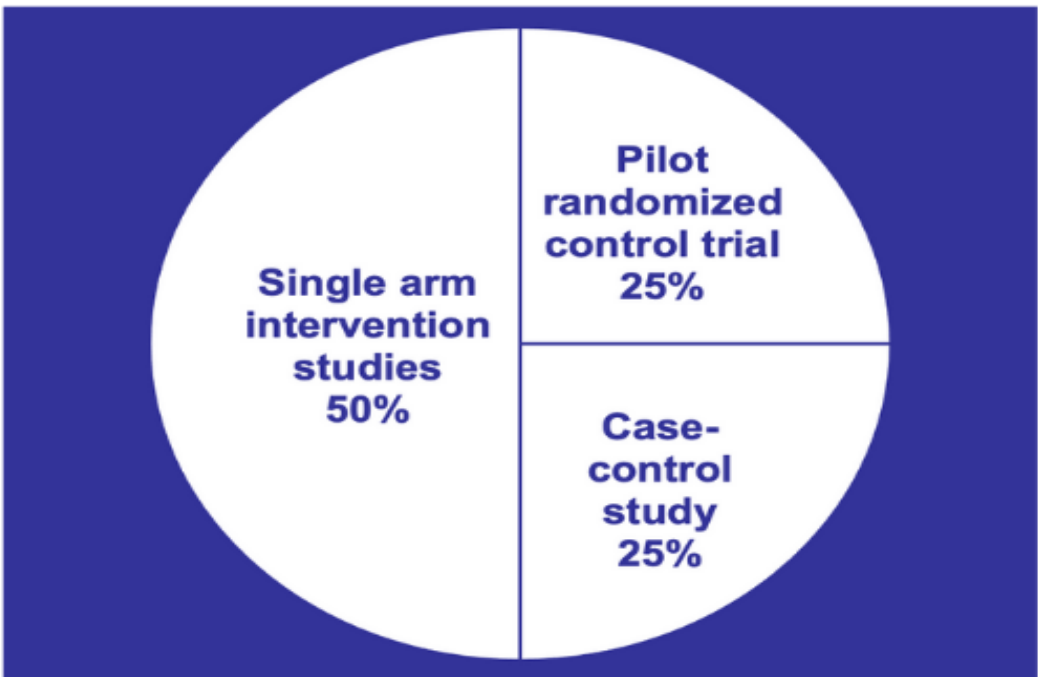
SEARCH STRATEGIES
Relevant studies trough searches conducted for other literature reviews perform by the authours of this study. Additional searches using different keywords.

KEY WORDS
Dyspareunia, Physiotherapy, PFMEs

NARRATIVE SYNTHESIS

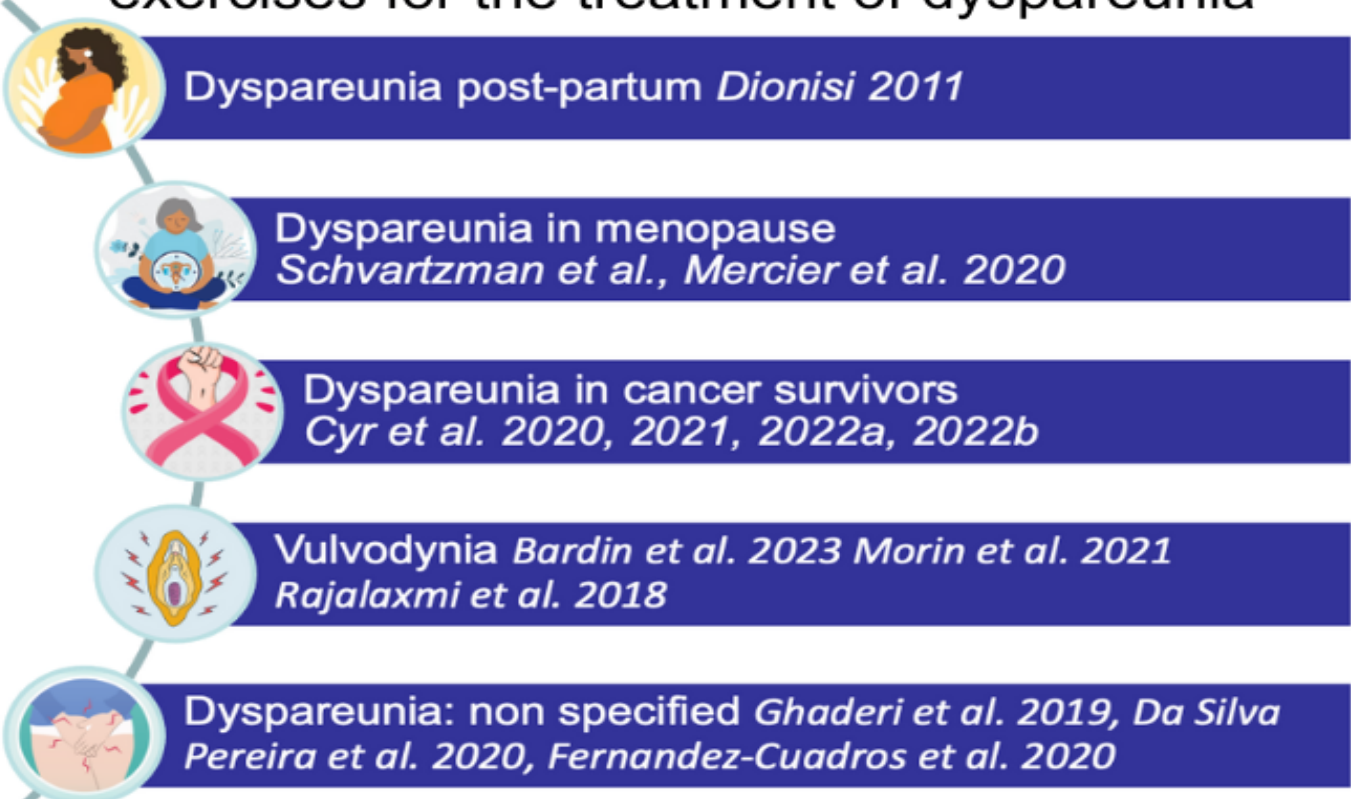
1

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

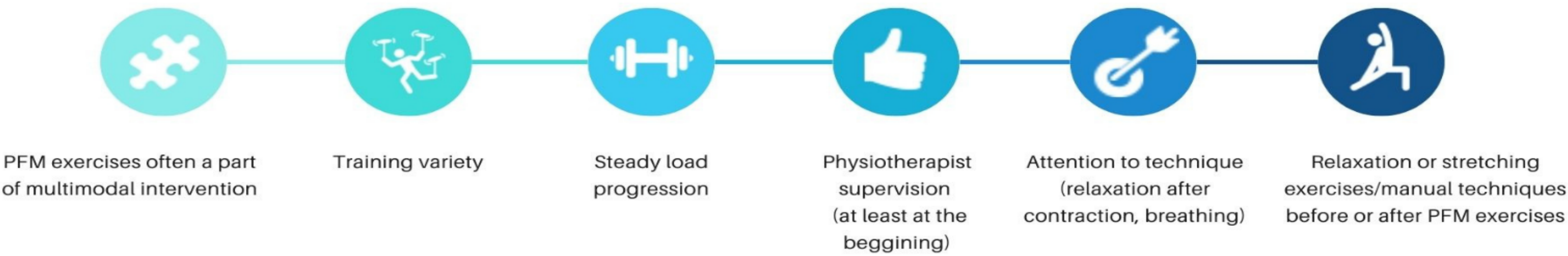


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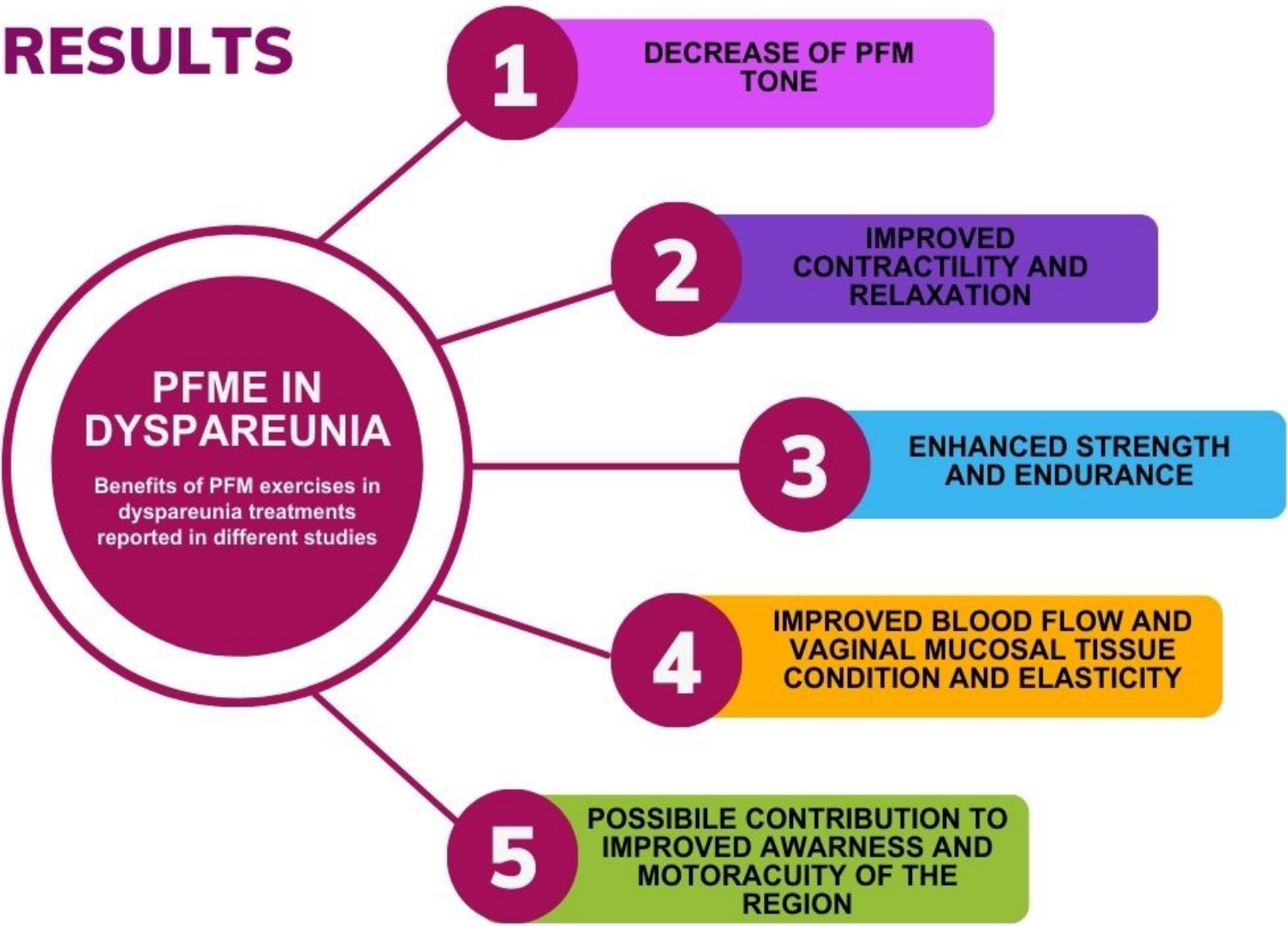
Studies investigating the effects of PFM exercises for the treatment of dyspareunia



RESULTS AND INTERPRETATION



RESULTS



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 generalised 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**.

For the full text, references, and video presentation, please
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