

Physiotherapy for Endometriosis – Impact on Quality of Life

A Narrative Review

KEY MESSAGE

Physiotherapeutic interventions can improve the quality of life in patients with endometriosis



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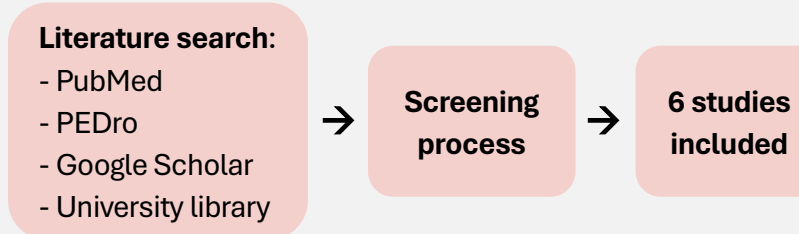
BACKGROUND

- Endometriosis is a chronic gynecological condition
- It affects around 10% of women of reproductive age
- Quality of life and mental health are impaired because of severe pain and other persistent symptoms

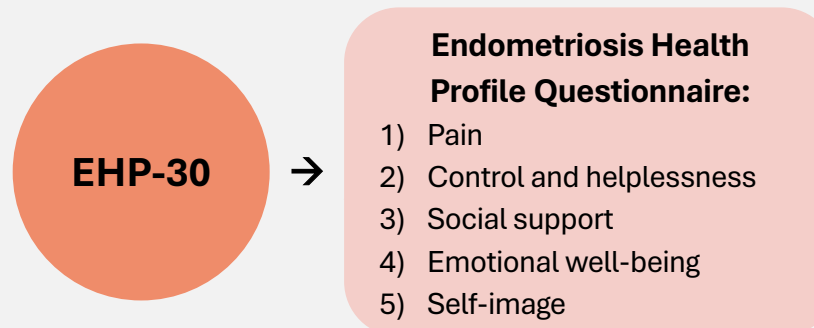
AIM OF STUDY

- To detect and analyze different physiotherapeutic treatment methods regarding their effects on the quality of life of patients with endometriosis

METHODS



OUTCOME MEASURE



RESULTS

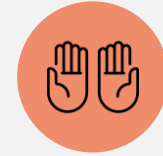
Physiotherapeutic Interventions:



active exercise



yoga



manual therapy



Electrotherapy

- All included studies reported improvements in quality of life
- Most frequently improved EHP-30 subcategories:
 - pain
 - emotional well-being
 - control and helplessness

INTERPRETATION AND LIMITATIONS

- Physiotherapeutic interventions can improve the quality of life in patients with endometriosis
- Physiotherapy should be integrated into the multimodal treatment of patients with endometriosis
- Only 6 studies included and similar interventions