Structured algorithm improved pelvic floor function in 4/5 patients

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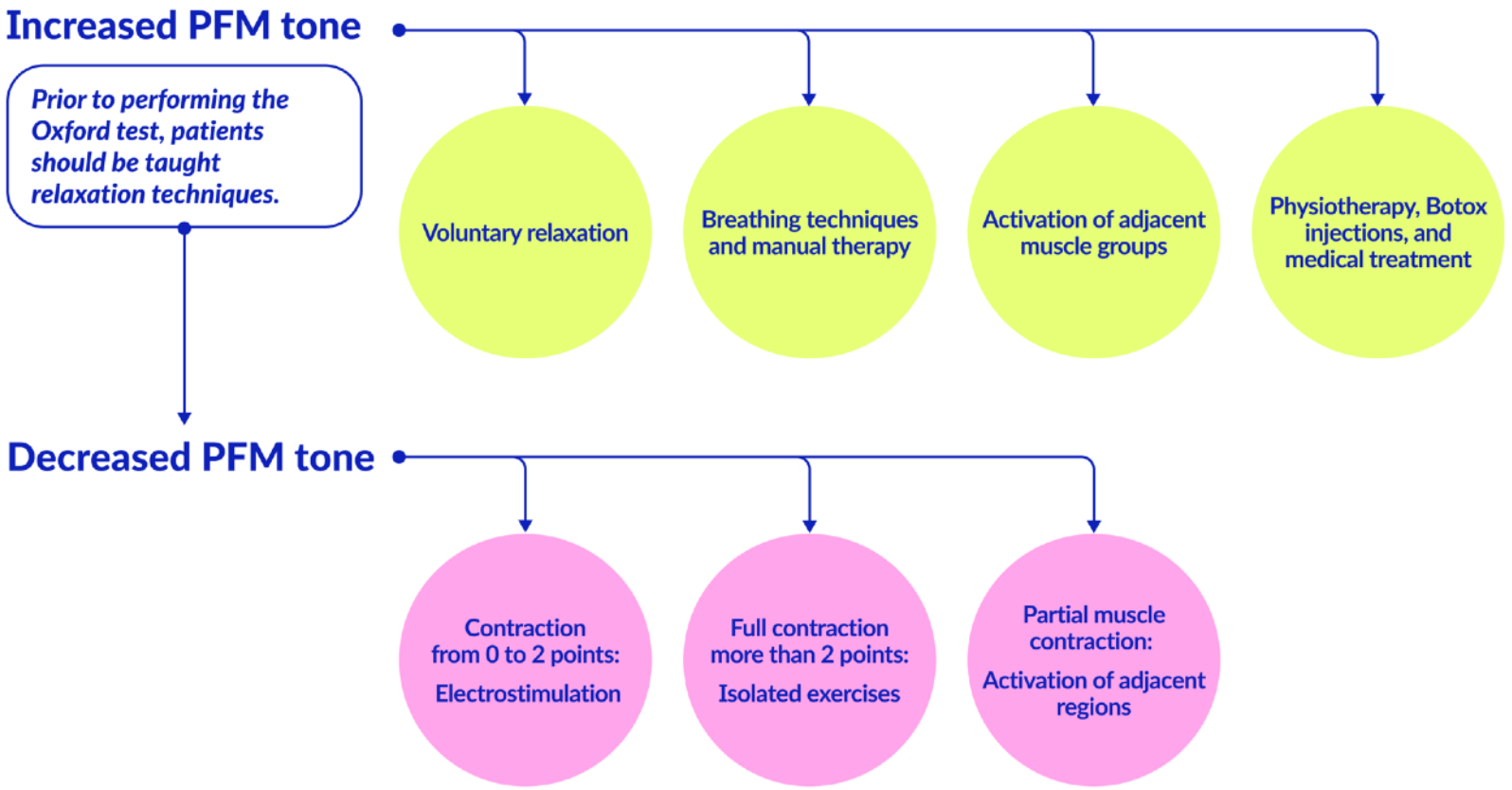
Study design, materials and methods
The goal of our study was to introduce and demonstrate the efficacy of a novel, structured algorithm designed to manage Pelvic Floor Muscle Dysfunction (PFMD) within a short time frame.

Pelvic floor muscle (PFM) function was assessed via manual examination using the Modified Oxford Scale, with a focus on voluntary relaxation and contraction as indicators of restored normal muscle function.



Results suggest the algorithm restores PFM function effectively. High adherence resulted in significant improvements, while low adherence emphasized the importance of following all steps. Patients with complex pathologies, such as inflammatory diseases of pelvic organs, depression, anxiety disorders or adverse social circumstances and etc. required personalized approach to undergo full rehabilitation and pharmacological support.