ASSOCIATION OF URINARY INCONTINENCE AND HYPERTONIC PELVIC FLOOR MUSCLES: A PILOT STUDY TREATING WOMEN WITH VESTIBULODYNIA

Bardin MG, Giraldo PC, Mira T, Fante J, Melo C, Claudia PF, Marques A
Department Of Obstetrics and Gynecology – Physical Therapy in Urogynecological Disorders Outpatient Clinic, Campinas University - Brazil

HYPOTHESIS / AIM OF THE STUDY
Unlike most common causes of urinary incontinence related to the loose muscles (Luber, 2004), women with provoked vestibulodynia (PVD) is affected by a broad range of dysfunctions due to the difficulty of relaxing and coordinating muscles of the pelvic floor (Haefner et al., 2005). This study aims to associate vulvar pain and score of PVD diagnosis and prevalence of self-reported urinary loss.

STUDY DESIGN / MATERIALS AND METHODS
- Randomized Clinical Trial
- 26 women diagnosed with PVD
- Age: 18 and 45 years old
- Randomization into group 1 or 2 (Fig.1)
- 8 sessions, once a week
- Participants were evaluated before and after treatment by gynecologic examination measuring vulvar pain (swab test and analogic pain scale – Fig.2), PVD diagnose score (Friedrich's score – Table 1) and self-reported urinary incontinence through a structured questionnaire (Fig.3).
- Exclusion criteria: infections or genital cancers, chronic degenerative diseases, neurological disease, antidepressant drugs that interacts with amitriptyline hydrochloride and cardiac pacemaker.

RESULTS AND INTERPRETATION
A high prevalence of stress urinary incontinence was found among women with PVD and no one was in treatment for this dysfunction. They reported decrease of urinary loss after treating for PVD symptoms (Table 2).

Table 2: Swab test and Friedrich’s Score of Women with PVD before and after vulvar pain treatment

Before treatment for vulvar pain, total pain rating for swab test was 19.8 (±5.6) and Friedrich’s score was 9.7 (±2.3). There were no difference (p>0.05) between means for these scores for women with and without urinary incontinence before or after treatment (Table 3).

Table 3: Prevalence and frequency of UI among women with PVD before and after vulvar pain treatment

Prevalence of UI was similar for both treatment groups (ET: 71.42 [n=10] vs. PFM exercises: 58.3% [n=7], p>0.05). Because of the small number of patients due to the pilot character of this study, our results were analyzed with both types of treatment together. Swab test pain rate and Friedrich’s score were significantly smaller after both treatments (p<.05).

CONCLUSION
Women with PVD have high prevalence of stress urinary incontinence and those who are efficiently treated to diminish vulvar pain can improve frequency of urinary loss. However, trials assessing more participants and with longer follow-up is required, as this is a pilot study.