EFFECTIVENESS OF CONSERVATIVE THERAPY IN IDIOPATHIC OVERACTIVE BLADDER


INTRODUCTION:
* OAB is a common disabling condition that affects health-related quality of life.
* Pelvic floor rehabilitation is the first recommended conservative line in the management process per recent guidelines.

AIM OF THE WORK:
* To investigate the role of biofeedback and electrical stimulation as conservative management lines for OAB.

METHODOLOGY:
* 30 females with idiopathic OAB (confirmed by urodynamics study) and 10 matched healthy controls were included.
* They underwent thorough clinical, & electrodiagnostic assessment (including PNTML).
* Patients received 12 sessions (3/week) of biofeed back (BFB) and Interferential (IF) electric stimulation to pelvic floor muscles.
* A vaginal probe was inserted into the vagina to monitor pelvic floor muscles contraction. Training of fast and slow twitch muscle fibers was performed. The exercise started by 5 flickers of rapid maximum contraction, followed by successive intermittent contractions and relaxations.
* Symptom Score Questionnaire (SSQ) was recorded for the patients before and after the sessions (self-administered questionnaire consisting of seven questions on a five-points scale including all symptoms of OAB).
* This study was novel in combining neurophysiologic assessment with biofeedback treatment assessment in idiopathic OAB patients.

RESULTS:
* Our patients showed a significantly delayed PNTML than controls (sign of demyelination which may be due to traction of terminal portion of pudendal innervations due to vaginal delivery.
* All our patients showed improvement of their symptoms after 12 physical therapy sessions (100%). There was a highly significant increase of the score of the SSQ after the rehabilitation sessions.

Concluding message:
* Possible neuropathic involvement may contribute in the pathogenesis of idiopathic OAB for further research studies.
* Pelvic floor rehabilitation through biofeedback and IF is an effective and promising conservative tool in improving symptoms of idiopathic OAB.

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