

PELVIC FLOOR EXERCISES IN THE PREMATURE EJACULATION.

Hypothesis / aims of study

This study has to evaluate, through a prospective, randomized, the effectiveness of exercises for the pelvic floor as a way to control ejaculation.

Study design, materials and methods

In all participated in the study 47 young adults age > 17 years < 35 that have already started the sex life and that the two have an ejaculation which always or nearly always occurs in about one minute of vaginal penetration, which have great difficulty or impossibility of to delay ejaculation on all or nearly all vaginal penetrations and negative personal consequences, such as suffering, frustration and / or resistance to sexual intimacy. These young adults were randomly selected and received an anonymous questionnaire self-transversal investigating the quantity and quality of their sex life. Then the group was divided into 2: a control group and a group exposed. The group received a guide out of home exercise with 4 daily activities performed twice daily (morning and a series by a repeat the night) and were subject to completion of EMG biofeedback 1 time per week, so external electrode through a spongy surface located in the bulbar and penile insertion of other fibrous nodule located in the central electrode with both of 5cm in the basal region patellar. Were conducted for 5 weeks for 20 minutes, the control group only answered the questionnaire.

Results

After 3 weeks, the control of ejaculation of the intervention group was significantly better than in the control group (P < 0001) based on the qualitative aspect of ejaculation and the ejaculate time in getting more than 120 seconds on average, after vaginal penetration. After 5 weeks, the exposed group showed an average of ejaculatory control, 5 minutes after vaginal penetration and 1 month after the last session of EMG biofeedback the questionnaire was again applied and showed that the group explained 47.7% of men had total control on the pelvic muscles controlling their ejaculation safely and efficiently obtained a 26.8% improvement in the control of ejaculation but did not feel safe enough yet sporadic form requiring the use of any medications to help control with some complaints of frustration on the pleasure of the partnership, 20.5% did not report any kind of improvements and 5% not finished the entire protocol.

Interpretation of results

The main objective was to offer a new approach for treating patients with premature ejaculation. We believe that this pathology, follows the principle of linking the psychology of the patient with the body by means of changes in strength and reactions body. And, unfortunately failed to achieve a larger sample that would allow the results of the union of exercises with medicine and are being developed by those who wish to continue the study in question.

Concluding message

This study demonstrated the efficacy of physical activity in the control of ejaculation perineal suggesting the holding of exercises for the pelvic floor should be considered as a first line of approach in the treatment of premature ejaculation as well as an auxiliary treatment important drug in clinical practice.

<i>Specify source of funding or grant</i>	Work done without specific financial assistance. Using the protocol of care and clinical data collected for 1 year in Urogin of Physical Therapy Clinic in Brazil.
<i>Is this a clinical trial?</i>	Yes
<i>Is this study registered in a public clinical trials registry?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	Yes
<i>Specify Name of Ethics Committee</i>	Ethics Commites CES/DF Crefito 11
<i>Was the Declaration of Helsinki followed?</i>	No
<i>This study did not follow the Declaration of Helsinki in the sense that</i>	This study does not follow the Declaration of Helsinki, that is a pilot study, based on activities that have already been published and studied in other groups of intervention.
<i>Was informed consent obtained from the patients?</i>	Yes