

Effect of Tele-Based Pelvic Floor Muscle Rehabilitation on Stress Urinary Incontinence—A Literature Review

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Abstract

Introduction: Stress Urinary Incontinence (SUI) is the involuntary loss of urine due to pelvic floor dysfunction. The prevalence of urinary incontinence (UI) is 40%, influencing well-being and quality of life. UI is more common in women than men; approximately 10% of all adult women experience UI, and it increases with age. The goal of this study is to determine if tele-based PFM therapy is beneficial for an SUI.

Methods: Systematic reviews and randomized control trial studies were searched and analyzed from the last 10 years of articles in electronic databases like Cochrane, Medline, Scopus, web of Science, PubMed, Google Scholar, and Pedro that included mesh words like pelvic floor muscle, pelvic floor muscle education, pelvic floor muscle training, telehealth, urinary incontinence.

Results: Five randomised controlled studies and two systematic reviews were featured in this study. One study was deemed fair quality, and six were good quality using Pedro and CASP. The patient showed good compliance and satisfaction with pelvic floor telerehabilitation and improved quality of life. According to pooled research, pelvic floor telerehabilitation greatly affected the severity of urine incontinence, had a large effect on pelvic floor muscular strength, and a medium effect on quality of life.

Conclusion: This literature review revealed that telebased pelvic floor muscle training is a feasible and effective approach to improving pelvic floor muscle strength and quality of life. Future studies comparing home-based and tele-based pelvic floor muscle rehabilitation are not just recommended but a pressing need.