E-Poster

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Chronic Pelvic Pain: Botulinum Toxin as an Effective Treatment for Myofascial Pelvic Pain Syndrome

Topic: Pain

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BACKGROUND

Chronic pelvic pain (CPP) is a prevalent condition that significantly impacts women's quality of life. Pelvic myofascial syndrome is a common etiology, characterized by muscular hypertonicity and trigger points within the pelvic floor. Botulinum toxin type A (BTA) has emerged as a therapeutic alternative for refractory cases.

CASE DESCRIPTION

We present the case of a 59-year-old woman with CPP and dyspareunia persisting for three years, with a Visual Analog Scale (VAS) pain score of 9/10, preventing sexual activity. Physical examination revealed bilateral hypertonicity of the levator ani muscle, tense bands, and trigger points. Following the failure of conservative therapies, 100 IU of BTA was injected transvaginally at four points in the puborectalis muscle. Four months post-procedure, the patient resumed sexual activity with prior vaginal dilator preparation, reporting a pain reduction to VAS 5/10.

DISCUSSION

Chronic pelvic pain is a multifactorial condition requiring a multimodal approach. Botulinum toxin type A injection in pelvic myofascial syndrome appears to be a promising option for pain relief and functional recovery in selected patients.

CONCLUSION

Botulinum toxin type A is an effective therapeutic alternative for managing CPP secondary to pelvic myofascial syndrome, providing sustained pain relief and medium-term functional improvement.

Statement of Disclosures

None

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