E-Poster

EP-449

Seeing to Rehabilitate Better: The Effect of Visual Feedback in Pelvic Floor Rehabilitation: The Effect of Perineal Education on Pelvic Floor Disorders

Topic: Diagnosis

Abir Lemkadem, Kawtar Mansag, Oumaima Boulenouar, Ryme El Beloui, Hasnaa Boutalja, Nada Kyal, Fatima Lmidmani, Abdelatif El Fatimi

Physical Medicine, Ibn Rochd University Hospital Center, Casablanca, Morocco

BACKGROUND

Pelvic floor disorders, such as urinary incontinence and pelvic organ prolapse, are prevalent in women and significantly impact their quality of life. Pelvic floor rehabilitation is a first-line conservative treatment, combining education, muscle strengthening, and posture correction. Visual feedback using a mirror can help improve patients' understanding of their pelvic anatomy and enhance the effectiveness of rehabilitation. This study aimed to compare the impact of pelvic floor rehabilitation with and without visual feedback on pelvic floor symptoms.

METHODS

This observational, comparative study included 100 female patients over 18 years old with pelvic floor disorders. Patients were randomly divided into two groups: 50 received standard pelvic floor rehabilitation (control group), while 50 received the same program with an additional session of visual feedback using a mirror (intervention group). Both groups participated in a five-week rehabilitation program that included four sessions of perineal education and targeted muscle strengthening exercises.

Symptom improvement was assessed before and after the intervention using the following questionnaires: the International Consultation on Incontinence Questionnaire-Short Form (ICIQ-SF) for urinary incontinence, the Urinary Symptom Profile (USP), and the Pelvic Floor Distress Inventory (PFDI-20) for symptoms associated with pelvic organ prolapse. Overall satisfaction and improvement were evaluated using the Patient Global Impression of Improvement (PGI-I). Additionally, the intervention group completed a custom questionnaire to assess their experience with visual feedback, specifically focusing on anatomical understanding.

RESULTS

The mean age of patients was 52 years, with an average BMI of 25 kg/m². Both groups showed significant symptom improvement. In the intervention group, the PFDI-20 score decreased from 68.3 to 22.1, while the ICIQ-SF score dropped from 8.3 to 2.8. In the control group, the PFDI-20 score decreased to 26.4, and the ICIQ-SF score dropped to 3.1. Patients in the intervention group reported a better understanding of their anatomy and found the mirror helpful for visualizing and correcting pelvic floor contractions. Most rated their experience positively, with 85% giving a score of 4 or 5 for improved anatomical awareness.

CONCLUSION

Pelvic floor rehabilitation combined with visual feedback using a mirror enhances pelvic floor symptom improvement and increases patient satisfaction compared to standard rehabilitation. This approach improves patients' anatomical understanding, promotes better self-correction, and leads to more effective symptom management. Visual feedback could be a valuable addition to rehabilitation protocols.

Statement of Disclosures

None

Corresponding Author:
Abir Lemkadem
Physical Medicine, Ibn Rochd University Hospital Center, Casablanca, Morocco
Email: Lemkadem56@gmail.com

Doi: 10.5606/archisprm.2026.EP-449