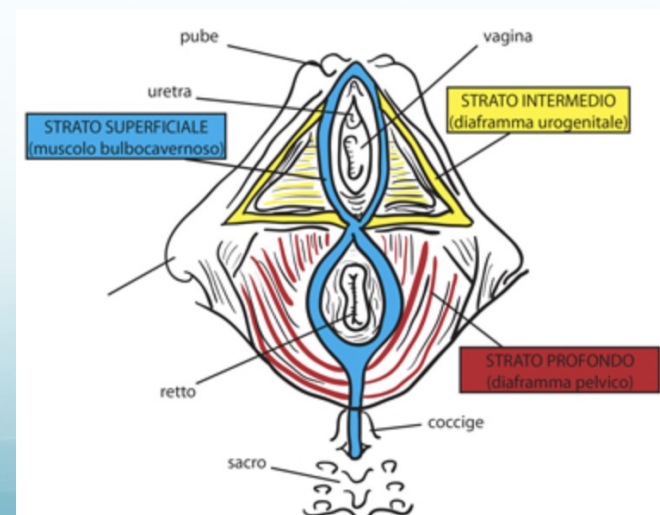
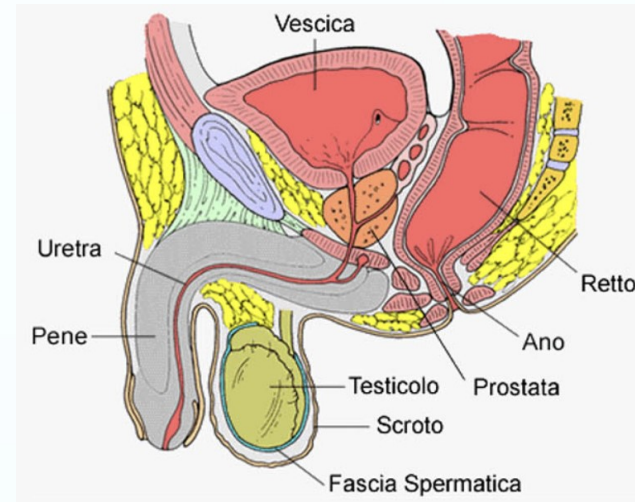
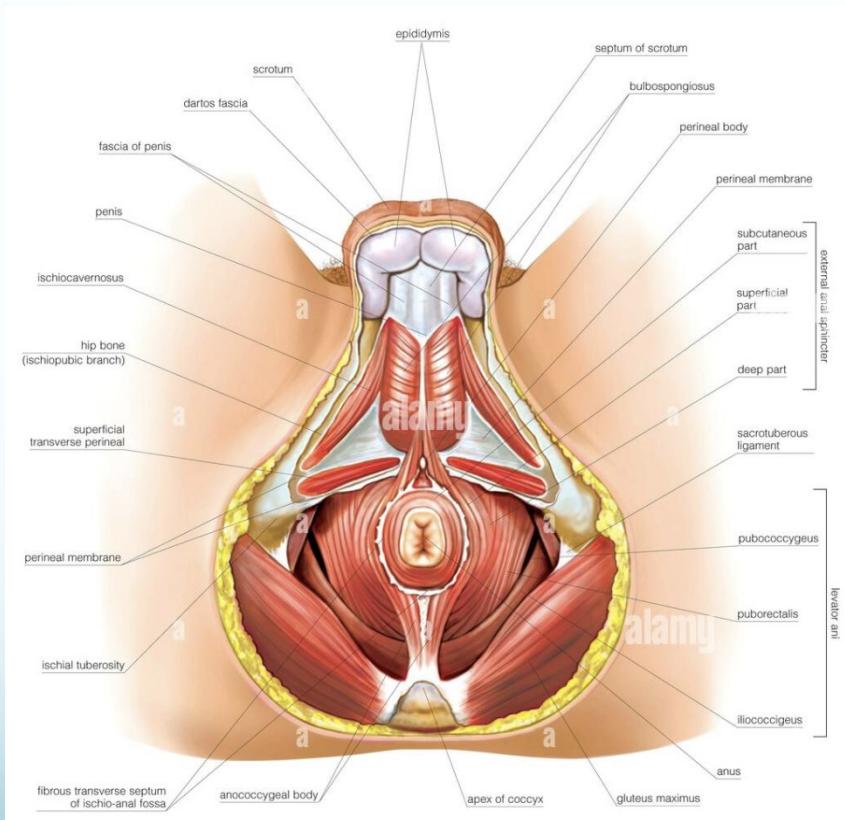


# IL RUOLO DELLA RIABILITAZIONE DEL PAVIMENTO PELVICO NEL TRATTAMENTO DELL'IPB

Dott.ssa Alice Valli  
Centro Salute Uomo  
Bergamo, Italy

# ANATOMIA DEL PAVIMENTO PELVICO MASCHILE



# TRATTAMENTO URGENZA MINZIONALE E INCONTINENZA URINARIA

- Educazione al paziente
- Terapia comportamentale
- Training Vescicale
- Diario minzionale e Pad Test
- Kegel exercise
- Biofeedback
- SEF e PTNS

# Terapia comportamentale

## EAU Guidelines on Non-Neurogenic Male Lower Urinary Tract Symptoms (LUTS), incl. Benign Prostatic Obstruction (BPO)

### DISEASE MANAGEMENT

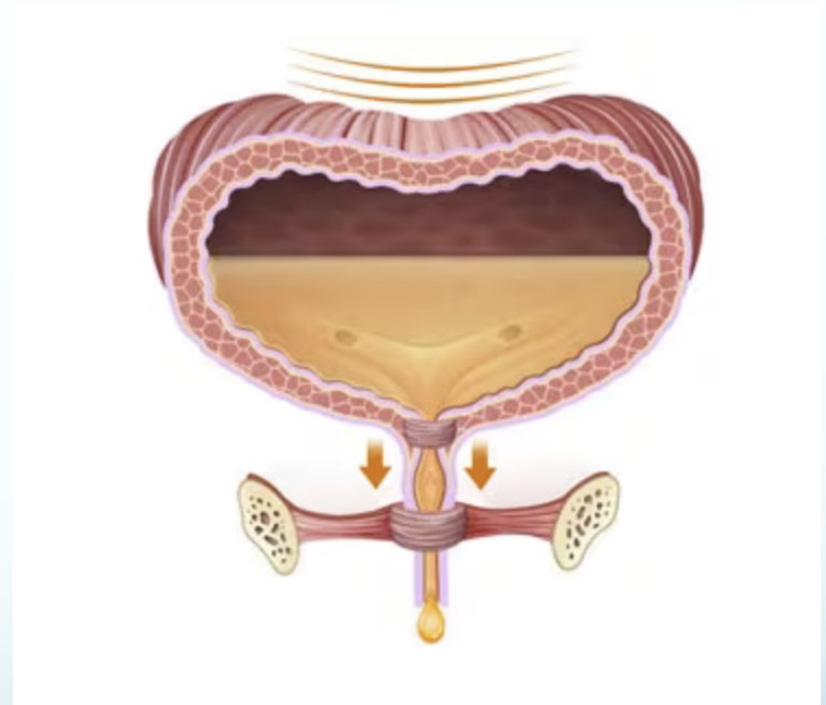
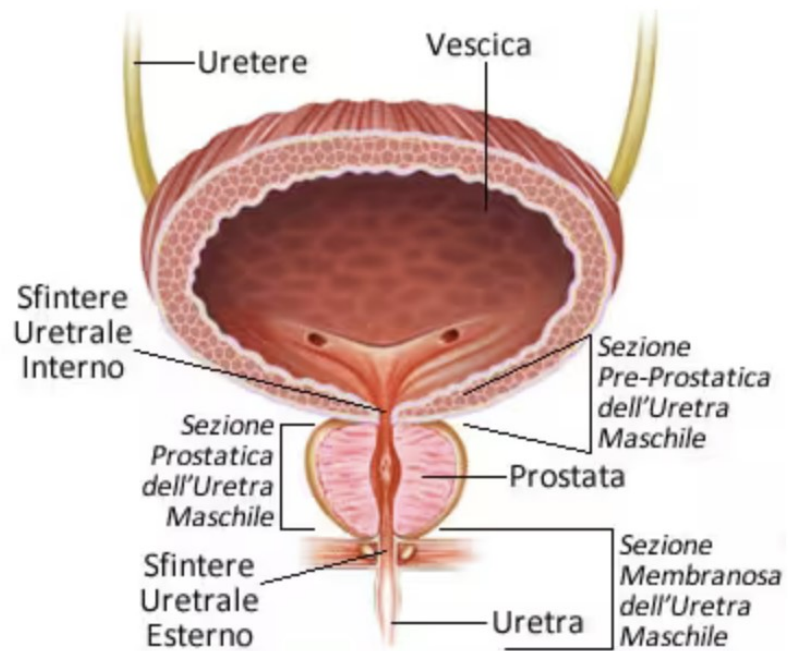
#### Conservative treatment

- o use of relaxed and double-voiding techniques;
- o urethral milking to prevent post-micturition dribble;
- o distraction techniques such as penile squeeze, breathing exercises, perineal pressure, and mental tricks to take the mind off the bladder and toilet, to help control OAB symptoms;
- o bladder retraining that encourages men to hold on when they have urgency to increase their bladder capacity and the time between voids;

# Training vescicale

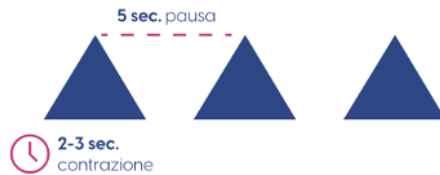
- correct faulty habit patterns of frequent urination
- improve control over bladder urgency
- prolong voiding intervals
- increase bladder capacity
- reduce incontinent episodes
- restore patient confidence in controlling bladder function

# Sfintere uretrale esterno

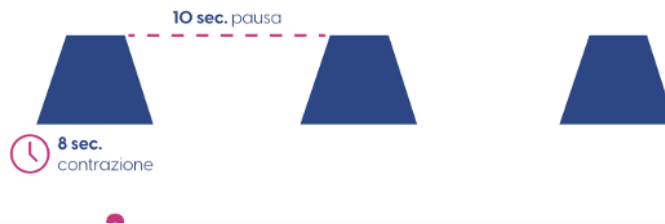


# Kegel exercise

**10** contrazioni rapide



**10** contrazioni lente



→ 30% fibre di tipo **IIa**: bianche, a contrazione rapida  
→ 70% fibre di tipo **I**: rosse, a contrazione lenta

**The role of visceral therapy, Kegel's muscle, core stability and diet in pelvic support disorders and urinary incontinence - including sexological aspects and the role of physiotherapy and osteopathy**

Malgorzata Wojcik <sup>1</sup>, Grazyna Jarzabek-Bielecka <sup>2</sup>, Piotr Merks <sup>3</sup>, Katarzyna Plagens-Rotman <sup>2</sup>, Magdalena Pisarska-Krawczyk <sup>4</sup>, Witold Kedzia <sup>5</sup>, Malgorzata Mizgier <sup>6</sup>, Maciej Wilczak <sup>7</sup>

Affiliations + expand

PMID: 36602196 DOI: 10.5603/GP.a2022.0136

[Free article](#)

**Pelvic floor muscle exercise and training for coping with urinary incontinence**

Sung Tae Cho <sup>1</sup>, Khae Hawn Kim <sup>2</sup>

Affiliations + expand

PMID: 35036386 PMCID: [PMC8743604](#) DOI: [10.12965/jer.2142666.333](#)

# PFMT Pre-operatorio

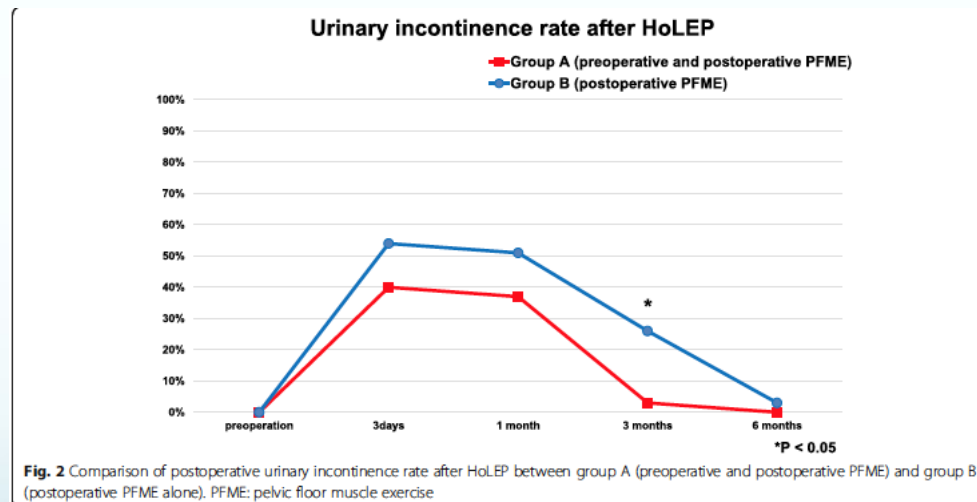
RESEARCH ARTICLE

Open Access

Preoperative pelvic floor muscle exercise for early continence after holmium laser enucleation of the prostate: a randomized controlled study



Go Anan\*, Yasuhiro Kaiho, Hiromichi Iwamura, Jun Ito, Yuki Kohada, Jotaro Mikami and Makoto Sato



PFMT when started pre-operatively promoted early recovery of continence

# Biofeedback



Pelvic floor exercises are designed by pelvic floor rehabilitation experts



Biofeedback is a clinically proven treatment for pelvic floor disorders

## EMG-biofeedback assisted pelvic floor muscle training is an effective therapy of stress urinary or mixed incontinence: a 7-year experience with 390 patients

Christian Dannecker <sup>1</sup>, Veronika Wolf, Renate Raab, Hermann Hepp, Christoph Anthuber

Affiliations + expand

PMID: 16001201 DOI: [10.1007/s00404-005-0011-4](https://doi.org/10.1007/s00404-005-0011-4)

## Beneficial effects of biofeedback-assisted pelvic floor muscle training in patients with urinary incontinence after radical prostatectomy: A systematic review and metaanalysis.

Hsu LF, Liao YM, Lai FC, Tsai PS.

Int J Nurs Stud. 2016 Aug;60:99-111. doi: [10.1016/j.ijnurstu.2016.03.013](https://doi.org/10.1016/j.ijnurstu.2016.03.013). Epub 2016 Mar 30.

PMID: 27297372 Review.



# SEF e PTNS

## Percutaneous Tibial Nerve Stimulation (PTNS) efficacy in the treatment of lower urinary tract dysfunctions: a systematic review

Gabriele Gaziev <sup>1</sup>, Luca Topazio, Valerio Iacovelli, Anastasios Asimakopoulos, Angelo Di Santo,  
Cosimo De Nunzio, Enrico Finazzi-Agrò

Affiliations + expand

PMID: 24274173 PMCID: PMC4222591 DOI: 10.1186/1471-2490-13-61





*Systematic Review*

## **Physiotherapy as an Effective Method to Support the Treatment of Male Urinary Incontinence: A Systematic Review**

Agnieszka Mazur-Bialy <sup>1,\*</sup>, Sabina Tim <sup>1</sup>, Daria Kołomańska-Bogucka <sup>1</sup>, Bartłomiej Burzyński <sup>2</sup>,  
Tomasz Jurys <sup>2</sup> and Natalia Pławiak <sup>3</sup>

- PFMT, PFMT plus BFB and ES, and PFMT plus ES effective approaches for reducing urinary incontinence.
- personalized postoperative management
- the type and intensity of training and/or supplemental techniques should be selected individually depending on the patient's needs.



## A narrative review of pelvic floor muscle training in the management of incontinence following prostate treatment

Marwan Ali, Dylan D. Hutchison, Nicolas M. Ortiz, Ryan P. Smith, David E. Rapp

Department of Urology, University of Virginia Medical Center, Charlottesville, VA, USA

*Contributions:* (I) Conception and design: DE Rapp; (II) Administrative support: NM Ortiz, R Smith, DE Rapp; (III) Provision of study materials or patients: M Ali; (IV) Collection and assembly of data: M Ali, D Hutchison; (V) Data analysis and interpretation: M Ali; (VI) Manuscript writing: All authors; (VII) Final approval of manuscript: All authors.

*Correspondence to:* David E. Rapp, MD. Department of Urology, UVA Medical Center, Fontaine Research Park, 500 Ray C. Hunt Drive, Charlottesville, VA 22908, USA. Email: der-rm@virginia.edu.

- PFMT is largely supported in treatment of urinary incontinence following prostate treatment (IPT).
- Benefits to continence and QOL are noted across an expansive body of literature
- PFMT is recommended by the American and European Association of Urology as an important part of the treatment algorithm for male urinary incontinence

GRAZIE PER L'ATTENZIONE

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