

Peri-operative physiotherapy improves outcomes for women undergoing incontinence and or prolapse surgery: results of a randomised controlled trial.

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BACKGROUND: Urinary incontinence and pelvic organ prolapse are common complaints in women. Physiotherapy and surgery to correct these conditions are often seen as mutually exclusive. No study has yet investigated their synergistic potential. **AIM:** This study aimed to investigate the role of peri-operative physiotherapy in women undergoing corrective surgery for pelvic organ prolapse and/or incontinence. **METHODS:** In this randomised controlled trial, 30 women underwent preoperative physiotherapy and 30 others had no physiotherapy prior to their incontinence and or prolapse surgeries. Comparison was performed on the basis of the following tests: paper towel test, urinary symptom specific health and quality of life questionnaire, frequency/volume chart and pelvic floor muscle manometry. Women were followed up for 3 months. **RESULTS:** Both groups showed improvement in urinary continence. Significant group differences were noted in the quality of life questionnaire ($P= 0.004$), urinary symptoms ($P= 0.017$) and maximum pelvic floor muscle squeeze on manometry ($P= 0.022$). Diurnal frequency analysis indicates that there is a significant difference in favour of the treatment group ($P= 0.024$). **CONCLUSION:** Routine pre and post operative physiotherapy interventions improve physical outcomes and quality of life in women undergoing corrective surgery for urinary incontinence and or pelvic organ prolapse.

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