

CONTENTS

Contributors, vii

Forewords, xi

Preface, xv

1 Overview of Physical Therapy for Pelvic Floor Dysfunction, 1

Kari Bø

2 Critical Appraisal of Randomized Trials and Systematic Reviews of the Effects of Physical Therapy Interventions for the Pelvic Floor, 10

Rob Herbert

3 Functional Anatomy of the Female Pelvic Floor, 22

James A. Ashton-Miller and John O.L. DeLancey

4 Neuroanatomy and Neurophysiology of Pelvic Floor Muscles, 39

Melita Rotar and David B. Vodusek

5 Measurement of Pelvic Floor Muscle Function and Strength, 52

5.1 Introduction, 53

Kari Bø

5.2 Visual Observation and Palpation, 57

Kari Bø

5.3 Manometry: Vaginal Squeeze Pressure Measurement, 66

Kari Bø

5.4 Pelvic Floor Dynamometry, 73

Chantale Dumoulin and Licia P Cacciari

5.5 Electromyography, 88

Mélanie Morin

5.6 Urethral Pressure Measurements, 101

Mohammed Belal and Paul Abrams

5.7 Ultrasound in the Assessment of Pelvic Floor Muscle, Anal Canal and Pelvic Organ Descent, 108

HP Dietz

5.8 Magnetic Resonance Imaging of Intact and Injured Female Pelvic Floor Muscles, 124

John O.L. DeLancey and James A Ashton-Miller

6 Pelvic Floor and Exercise Science, 140

6.1 Motor Learning, 140

Kari Bø and Siv Mørkved

6.2 Strength Training, 149

Kari Bø and Truls Raastad

7 Female Pelvic Floor Dysfunction and Evidence-Based Physical Therapy, 166

7.1 Female Stress Urinary Incontinence, 171

Jacques Corcos

Lifestyle Interventions, 177

Pauline Chiarelli, Signe Nilssen Stafne and Siv Mørkved

Pelvic Floor Muscle Training for Stress Urinary Incontinence, 202

Kari Bø

Electrical Stimulation for Stress Urinary Incontinence, 222

Bary Berghmans, Abdallahi N'Dongo and Georges Billard

7.2 Overactive Bladder, 239

Bary Berghmans, Gommert Van Koeveringe and Nol Bernards

Bladder Training, 250

Jean F. Wyman

Pelvic Floor Muscle Training, 264

Kari Bø and Cristine Homsí Jorge

Electrical Stimulation, 272

Bary Berghmans

Pudendal Neuralgia and Other Intrapelvic Nerve Entrapments, 289

Nucelio Lemos and Jessica Nargi

7.3 Pelvic Organ Prolapse, 304

Douglas Luchristt and Matthew D. Barber

Pessaries, 311

Patricia Neumann and Rebekah Das

Pelvic Floor Muscle Training in Prevention and Treatment of Pelvic Organ Prolapse, 320

Kari Bø and Helena Frawley

7.4 Female Sexual Dysfunction, 333

Sohier Elneil

The Complexity of Sexuality, 343

Pelvic Floor Muscle Training as an Intervention to Treat Female Sexual Dysfunction, 356

Cristine Homsí Jorge and Merete Kolberg Tennfjord

7.5 Pregnancy and Childbirth: Pathophysiology and Injuries, 373

John O.L. DeLancey and Fernanda Pipitone

Obstetric Anal Sphincter Injuries, 382

Ruwan J. Fernando and Abdul H. Sultan

- Evidence for Pelvic Floor Muscle Training for Urinary Incontinence Related to the Peripartum Period, 394**
Siv Mørkved
- Evidence for Pelvic Floor Muscle Training for Pelvic Organ Prolapse Related to the Peripartum Period, 419**
Kari Bø
- Evidence for Pelvic Floor Muscle Training for Anal Incontinence Related to the Peripartum Period, 420**
Hege Hølmo Johannessen
- Female Genital Fistula, 436**
Sandhya Gupta, Usama Shahid and Ajay Rane
- 8 Evidence-Based Physical Therapy for Pelvic Floor: Dysfunctions Affecting Both Women and Men, 442**
- 8.1 Anal Incontinence: Prevalence, Causes and Pathophysiology, 443**
Bary Berghmans, Esther Bols, Patrizia Pelizzo, Abdul H Sultan and Giulio A Santoro
- Assessment of the Nature and Severity of Anal Incontinence, 448**
Bary Berghmans and Esther Bols
- Conservative Interventions for Treatment of Anal Incontinence, 454**
Bary Berghmans and Esther Bols
- 8.2 Constipation: Prevalence, Causes and Pathophysiology, 475**
Giulio A Santoro, Patrizia Pelizzo, Esther Bols, Abdul H Sultan and Bary Berghmans
- 9 Pain, 483**
- 9.1 Pain Physiology, 483**
Bert Messelink and Bary Berghmans
- 9.2 Chronic Pelvic Floor Pain, 492**
Helena Frawley and Mélanie Morin
- 9.3 Conservative Therapies to Treat Pelvic Floor Pain in Females, 511**
Helena Frawley and Mélanie Morin
- 9.4 Conservative Therapies to Treat Pelvic Floor Pain in Males, 542**
Bary Berghmans and Bert Messelink
- 10 The Prevalence and Consequences of Sexual Violence to the Pelvic Floor, 550**
Denis Mukwege, Raha Maroyi, Usama Shahid and Ajay Rane
- 11 Male Pelvic Floor Dysfunction and Evidence-Based Physical Therapy, 555**
- 11.1 Prevention, Causes and Pathophysiology of Urinary Incontinence in Males, 556**
Philip EV Van Kerrebroeck
- 11.2 Pelvic Floor Muscle Training for Urinary Incontinence, 560**
Marijke Van Kampen, Inge Geraerts and Anne Asnong
- 11.3 Pelvic Floor Muscle Training and Male Sexual Dysfunction, 593**
Marijke Van Kampen, Inge Geraerts and Anne Asnong
- 12 Evidence for Pelvic Floor Physical Therapy in Childhood, 612**
Janet Walker Chase and Marieke van Engelenburg-van Lonkhuyzen
- 13 Gynaecological Cancer and Pelvic Floor Dysfunction, 628**
Helena Frawley and Robyn Brennen
- 14 Aetiology of Incontinence in Older Adults, 645**
Adrian Wagg
- 14.1 Pelvic Floor Muscle Training for Older Women With Urinary Incontinence, 658**
Chantale Dumoulin
- 15 Evidence for Pelvic Floor Physical Therapy for Neurological Diseases, 670**
Marijke Van Kampen, Inge Geraerts and Anne Asnong
- 16 Physical Activity, Elite Athletes and the Pelvic Floor, 687**
Kari Bø
- 17 Evidence for Mobile Apps: Where Do We Stand and Where Should We Go?, 699**
Bary Berghmans
- 18 Selection and Goal-Oriented Application of Measurement Instruments in Pelvic Physical Therapy, 710**
Esther Bols, Anna Beurskens and Bary Berghmans
- 19 The Development of Clinical Practice Guidelines, 721**
Bary Berghmans, Nol Bernards and Rob de Bie
- Index, 734