Effectiveness of POLD method in the treatment of acute lumbar disc hernia: A new manual therapy approach

Juan Vicente López-Díaz
International University of Catalunya, Spain

The effectiveness of manual therapy in the conservative treatment of lumbar disc hernia (LDH) is known, the Pold method uses an innovative way of treatment based on resonant oscillations in the spine, carried out manually. Twenty years of experience treating acute and chronic disc herniation patients, have led to the realization of a comparative clinical study that we will show to you. In view of the results obtained in this trial we conclude that for LDH pathology it is evident that treatment with POLD technique, characterized by a maintained resonant oscillatory mobilization is more effective in increasing range of lumbar flexion, reducing the subjective severity of pain and causing a rapid centralization when compared with standard physiotherapy treatment recommended by current evidence. Our findings suggest that clinicians should consider the POLD method for the treatment of acute LDH in their clinical decision-making.

Effect of pelvic floor muscle exercises in women with stress urinary incontinence

Mahnaz Aboufazeli
Iran University Medical Sciences, Iran

Introduction: Stress urinary incontinence has long been presumed to be associated with urethral hypermobility and pregnancy and delivery are known cause of increasing bladder neck descent. The aim of this study was to investigate the effects of pelvic floor muscle exercise in women with stress urinary incontinence.

Methods: Women (n=84) were randomly assigned into two groups: 44 women were randomized to an intervention group and 40 women were randomized to a control group. Pelvic floor muscle strength was measured using a perineometry device. Urinary symptoms were measured using the Urinary Distress Inventory (UDI-6), Incontinence Impact Questionnaire (IIQ-7).

Results: Pelvic floor muscle strength improvement was significantly higher in the interventional group compared to the Control group (P<0.003). The UDI-6, IIQ-7, and OAB-q scores were significantly improved after 8 months in the interventional group.

Conclusion: Pelvic floor muscle exercise can improve muscle strength and urinary symptoms.

Notes: