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IS THERE ANY DIFFERENCE IN PELVIC FLOOR MUSCLE FUNCTION IN WOMEN WITH MULTIPLE SCLEROSIS AND HEALTHY WOMEN?

Hypothesis / aims of study

The multiple sclerosis presents unknown cause and among the several clinical manifestations is the generalized muscle weakness and impairment of pelvic floor muscles. Proper contraction of these muscles is one reason for the urinary continence and normal sexuality. Objective: To verify the pelvic floor muscle function, functional capacity, quality of life and sexual life in women with multiple sclerosis.

Study design, materials and methods

The study included five women to compose the multiple sclerosis group (MEG) and five to compose the healthy women group (HWG). Structured interview, pelvic floor functional evaluation and perineometry were performed. The multiple sclerosis group answered the Scale of the Functional Assessment of Quality of Life in Multiple Sclerosis and functional capacity evaluation by the *Expanded Disability Status Scale*. The healthy women group completed the questionnaire for assessing quality of life using the *Short Form - 36* and Functional Independence Measure and both groups responded to the Sexual Quality Questionnaire (Sexual Quotient - Female version).

Results

When compared to healthy women, the MEG presented lower values in the pelvic floor functional evaluation and perineometry, which characterizes muscle dysfunction. The lower values in the *Root Mean Square RMS* and higher values in the median frequency indicated that the number of motor units recruited decreases when the fast-twitch and slow-twitch are performed.

Interpretation of results

Women with multiple sclerosis have a pelvic floor muscle function decreased, worse functional capacity, poor quality of life and sexual life compared with healthy women.

Concluding message

The study contributes to clinical application of physiotherapy in women's health by encouraging the treatment of these women who present considerable changes when evaluated about pelvic floor muscle function and leads to implications on quality of life.

Disclosures

Funding: No funding **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Comitê de Ética em Pesquisa da Faculdade de Filosofia e Ciências da Unesp-Marília **Helsinki:** Yes **Informed Consent:** Yes