

Effect of Transcutaneous Electrical Nerve Stimulation on Interstitial Cystitis/Painful Bladder Syndrome

Zakaria Mowafy Emam Mowafy^{1*}, Ashraf Hassan Mohammed¹,
Ahmed Abd-Ellatef Moharam² and Norhan Mostafa Mahmoud¹

¹Physical therapy department for surgery, faculty of physical therapy, Cairo University, Egypt.

²Urological surgery department, Cairo University Hospitals, Egypt.

Abstract: Purpose: to determine the effect of transcutaneous electrical nerve stimulation (TENS) on interstitial cystitis/painful bladder syndrome. **Methods of evaluation:** Measurement of the visual analogue scale (VAS) and estimation of the clomipramine medicament intake (CMI). **Methods:-** Thirty male patients who had interstitial cystitis/painful bladder syndrome were participated in the study. They recruited from the urology department of Cairo university hospitals, their ages were ranged from 30 to 50 years, they were randomly divided into 2 equal groups in number, one study group (A) and a control one (B). All patients in the 2 groups (A) and (B) received the same traditional physical therapy and home exercises in the form of pelvic floor exercises. Also all patients received the same medical care and medications. Group (A): received the transcutaneous electrical nerve stimulation in addition to the traditional physical therapy and medical care for 4 months. Control group (B): received only the traditional physical therapy and medical care for 4 months, each treatment session was conducted for 15 minutes, two electrodes were positioned suprapubically, while the other two electrodes were applied under the lower back (T10-L1) with the patient in comfortable supine hook-lying position with abducted hips. **Results and conclusion:-** Results showed a highly significant reduction in VAS and CMI at the end of the treatment program in groups (A) only. So TENS was effective in improving the interstitial cystitis/painful bladder syndrome as manifested by the highly significant reduction in VAS and CMI.

Key words (Interstitial cystitis/painful bladder syndrome, Transcutaneous electrical nerve stimulation, Visual analogue scale (VAS) and Clomipramine medicament intake).