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To Examine The Effect of Physiotherapy Intervention in Pelvic Floor Weakness in Women with Post-Ovarian Cystectomy: A Study Protocol

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Introduction: Ovarian cyst is a common gynaecological problem, which is generally present in the ovaries on either side. These ovarian cysts are the fluid-filled sacs present in the ovary in the form of simple or complex cysts, if the cyst is larger than 5 mm in diameter, surgical removal of the ovarian cyst is prescribed and this procedure is called ovarian cystectomy. It can lead to many complications such as pelvic pain, dyspareunia, incontinence, inflammation, injury, and damage to the skeletal and renal system, which can lead to pelvic floor muscle weakness.

Aim: This study aims to examine the effectiveness of physiotherapy interventions on pelvic floor weakness in women following ovarian cystectomy.

Materials and Methods: In this experimental study patients with post-ovarian cystectomy after 5 days of surgery will be recruited by purposive sampling method with consent. Participants will be randomly assigned to either a physiotherapy intervention group or a control group receiving standard post-operative care. The intervention will consist of pelvic floor muscle training and education on bladder management. Outcome measures will include pelvic floor muscle strength (assessed by perineometer), urinary incontinence severity assessed by the Incontinence Impact Questionnaire-7 and quality of life (using the SF-36). Assessments will be made at baseline, post-intervention, and a 3-month follow-up.

Results: The main focus in data analysis will be the comparison of pre- and post-intervention outcomes between the experimental and control groups. Statistical analysis will be performed using paired t-tests for continuous variables and chi-square tests for categorical outcomes.

Conclusion: It is anticipated that women in the physiotherapy group will show significant improvements in pelvic floor strength, urinary function, and overall quality of life compared to the control group. This study will provide evidence regarding the role of physiotherapy in managing pelvic floor dysfunction after ovarian cystectomy.

Keywords: Dyspareunia, Ovarian cysts, Perineometer.