

# Standardisation of A Treatment Protocol to Manage Uterine Prolapse in Females to Enhance their Quality of Life: A Systematic Review

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**Introduction:** Uterine prolapse is characterised by the herniation of the uterus into or beyond the vagina, resulting from the failure of ligamentous support and weakness of the pelvic floor. It is estimated that some degree of prolapse affects approximately 50% of parous women.

**Aim:** This study aims to evaluate the symptoms associated with uterine prolapse and the effectiveness of physiotherapy treatment options in managing these symptoms and improving quality of life and also prevent the progression of uterine prolapse.

**Materials and Methods:** Women with uterine prolapse commonly experience symptoms such as pelvic heaviness, bowel and bladder dysfunction, and sexual dysfunction. Physiotherapy treatment includes pelvic floor muscle training, positioning, respiratory, core training and decrease abdominal pressure and the use of supportive

elements (Pessary Ring, Pelvic Pro, K-Taping) and uses modalities like Interferential Therapy, Pelvic Floor Exerciser, Mayo Plus 2 Pro, Moist Hot Pack, Cold Pack and Theraband).

**Results:** Implementation of physiotherapy interventions has been shown to significantly improve the quality of life for individuals with uterine prolapse. Participants reported enhanced management of symptoms and improved ability to perform activities of daily living and prevent recurrence.

**Conclusion:** Physiotherapy offers effective treatment options for women with uterine prolapse, leading to symptomatic relief and improving the overall well-being of the patient, improve quality of life and also prevent the progression of uterine prolapse.

**Keywords:** Core training, Gynecological physiotherapy, Pevic floor muscle training