

Exploring the Role of Physiotherapy in the Management of Polycystic Ovary Syndrome: A Research Overview

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ABSTRACT

Introduction: Polycystic Ovary Syndrome (PCOS) is a prevalent endocrine disorder characterised by irregular menstruation, hyperandrogenism, and polycystic ovaries. Infertility, metabolic abnormalities, and an elevated risk of cardiovascular disorders are linked to it. Physiotherapeutic procedures have become important adjunct therapies for treating the symptoms and enhancing general health in women with PCOS, even if pharmaceutical treatments continue to play a key role.

This review aims to examine the role of physiotherapy in the management of PCOS, focusing on exercise interventions, pelvic floor therapy, and lifestyle modifications. The goal is to assess the effectiveness of these approaches in managing the hormonal, metabolic, and psychological aspects of PCOS.

A thorough assessment of the literature was carried out, examining research on physiotherapeutic strategies for PCOS, including observational studies, randomised controlled trials, and clinical recommendations. Exercise (including aerobic and resistance training), yoga, manual therapy, and pelvic floor exercises are among the important therapies that were examined. Relevant outcomes were taken into consideration, including quality of life, menstrual regularity, weight control, and insulin sensitivity.

Weight loss, testosterone reduction, and insulin sensitivity were all found to be greatly enhanced by physiotherapy therapies, especially regular exercise. Additionally, resistance training and aerobic workouts might help reduce symptoms like exhaustion, despair, and anxiety.

Yoga has been demonstrated to lower stress and improve hormonal balance. For some women with PCOS, pelvic floor treatment proved useful in treating dysmenorrhoea, irregular menstruation, and pelvic discomfort. Moreover, lifestyle education from physiotherapists enhances self-control and commitment to long-term healthful behaviors.

Exercise therapy, pelvic floor exercises, and lifestyle counseling are examples of physiotherapeutic techniques that are successful in treating the complex symptoms of PCOS. These non-pharmacological, holistic approaches can be used in conjunction with conventional medical treatments to improve the physical and mental health of women with PCOS.

Keywords: Exercise therapy, Insulin sensitivity, Pelvic floor therapy, Weight management.