[The therapeutic efficacy of vaginal cones in rehabilitating the perineal musculature. The RECOVA Group. REeducación COnos VAginales].

Salinas Casado J, Virseda Chamorro M, Esteban Fuertes M.

Source
Servicio de Urología, Hospital Clínico Universitario San Carlos, Universidad Complutense, Madrid.

Abstract
OBJECTIVE:
To determine the utility of vaginal cones in the rehabilitation of the perineal muscles.

METHODS:
A study was conducted on 134 women (mean age 31.8 years). The control group comprised 51 women (38%) and study the group comprised 85 patients (62%) undergoing rehabilitation of the perineal muscles with vaginal cones for a period of three months. Both groups were adjusted for statistical analysis.

RESULTS:
The patients undergoing rehabilitation retained a vaginal cone 1.3-2.4 times more than the controls. The dropout rate was 29%. The patients who abandoned the study showed significant differences in comparison to those who completed the treatment for age, length of perineal muscle less than 3 cm, belonging to the control group and were followed by nurses.

CONCLUSIONS:
Rehabilitation using vaginal cones significantly improves the strength of the perineal muscles.

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