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The Efficacy of Physical Therapy for Pain Management in Women with Endometriosis: A Systematic Review

Courtney Portaro, Kiley Morrison, Samantha Miller, Sabrina Di Tucci, Amy Tremback-Ball

INTRODUCTION

Endometriosis is a disorder in which benign endometrial tissue grows due to atypical endometrial glands that form outside of the uterus. The disorder causes pain, excessive bleeding, dyspareunia, and may affect quality of life. Common medical treatment includes NSAIDs, hormonal therapy and surgery. Non-traditional interventions such as physical therapy may also be an option. The purpose of this review is to examine the effectiveness of physical therapy in decreasing pain and improving quality of life for women with endometriosis.

METHODS

Databases Searched: Academic Search Ultimate, CINAHL Complete, PubMed.

Search Terms: Endometriosis and physical therapy/physiotherapy
Endometriosis and exercise
Endometriosis and rehabilitation
See our full methods search strategy via the QR Code.

RESULTS

11 studies met the inclusion criteria. There were 2 level 1, 2 level 2, and 7 level 3 on the hierarchy of evidence scale included in the study. Articles were grouped into the following categories:

Manual Therapy

Wurn et al. 2008, Wurn et al. 2011,
Rice et al. 2015

Modality Therapy

Mira et al. 2015

Physical Activity

Vitonis et al. 2010, Pilo-Neto et al.
2019

Combined Interventions

Petrelluzzi et al. 2012, Ghaderi et
al. 2019, Del Forno et al. 2020

Meta-Analyses

Mira et al. 2018, Ricci et al. 2016

DISCUSSION

Modality studies that used combined physical therapy interventions demonstrated most effective in pain management for symptomatic endometriosis.

Therapy interventions are suggestive in pain management for endometriosis.

Manual therapy is effective in increasing fertility but inconclusive for pain management.

Physical activity interventions are inconclusive in pain management or reduced risk of endometriosis.

CONCLUSION

Data is suggestive for physical therapy interventions as an effective means of pain management for symptomatic endometriosis. There is a need for further research to determine standard protocol for physical therapy as an intervention for endometriosis.

QR CODE

Search Strategy



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References



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