

Bibliographic identification

KEILOVÁ, Marie. *Treatment of anal incontinence with PC biofeedback therapy*. Prague: Charles University, 2nd Faculty of Medicine, Department of rehabilitation and sport medicine, 2013, 87 p. Supervisor Mgr. Petr Bitnar

Abstract

The presented thesis deals with issues of anal incontinence. The first theoretical part of the study gives an overview of the current knowledge on anal incontinence – it reviews its prevalence, etiology and possibilities of examination and therapy. The second practical part uses high-resolution anorectal manometry to evaluate function of anal sphincters before and after biofeedback therapy. The study was performed on a sample of 10 patients with weakened anal sphincters and with symptoms of incontinence. These patients underwent 4,5 months of therapy which consisted of PC biofeedback and physiotherapy of pelvic floor. The patients were subjected to manometric examination before and after the therapy. Significant effect ($p < 0.05$) of the therapy was detected on two variables: pressure during maximum squeeze and pressure during cough. Additionally, the therapy was evaluated by standardized questionnaire Fecal Incontinence Quality of Life Scale (FIQL). The questionnaire was given to the patients before and after the therapy. Significant effect of the therapy was detected on all four monitored aspects of life quality: lifestyle, coping/behavior, depression/self-perception and embarrassment.

Key words

Anal incontinence, fecal incontinence, anorectal manometry, biofeedback, physiotherapy of pelvic floor, anal sphincters exercises