ABSTRACT

Background
Pelvic floor muscles exercises are not routinely used but may be used in conjunction with other treatments to treat erectile dysfunction.

Objective
The objective of this study was to evaluate the efficacy of pelvic floor muscles exercise program for men with erectile dysfunction problem.

Design of study
A randomized controlled group design study.

Setting
Physical Medicine and Rehabilitation Department Dr. Soetomo Hospital.

Methods
Sixteen men with erectile dysfunction who underwent treatment from Andrology Clinic Dr. Soetomo Hospital were divided into 2 groups. The first group were treated with pelvic floor muscles exercises for 12 weeks, while the second group acted as controls.

The parameters of this study were evaluated on the week 4, 8 and 12. The evaluation of pelvic floor muscles strength were performed by digital anal assessment and pressure biofeedback Myomed 932, while the evaluation of erectile function based on IIEF-5 questionnaire and EHS (Erectile Hardness Score).

Results
An increase of pelvic floor muscles maximal contraction showed in the intervention group after 8 weeks of treatment (p=0.011). Six subjects in the intervention group (75%) gained a normal anal strength based on digital anal assessment at the end of study.

The IIEF-5 score of the intervention group improved after 8 weeks of treatment (p=0.012). Three subjects (37.5%) of the intervention group got an improvement and 4 subjects (50%) gained normal erectile function.

Conclusion
Comparison of the result of the protocol reported here shows that pelvic floor muscles exercises improve erectile function in men with erectile dysfunction.

Key words: Pelvic floor muscle exercises, biofeedback, erectile dysfunction