

# Congress of the International Society of Reeducation in Pelvi-Perineology

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## **The pelvic handicap: A dynamic and global approach with the HUBER® systems**

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**Objective:** To analyse the interest of HUBER system in the treatment of urinary incontinence

In gynecology, the most common female complaint is pelvic pain and stress incontinence. Pelvic floor therapy with a methodology that enhances the muscle chains associated with classic perineo-sphincter rehabilitation is sought to provide an answer for women who suffer from pelvic floor problems and/or stress incontinence. Stress incontinence causes a degree of distress that varies from one person to another. The concept of distress and quality of life is fundamental and does not correlate with the level of incontinence.

By its action on the muscle chains, HUBER is able to act on the perineal muscles and can, therefore, provide a way of working on the pelvic floor to increase its potential support function, and in this way correct stress incontinence. Let us remember that the pelvic floor has two essential functions: a sphincter function and one of supporting the pelvic organs.

A controlled study is currently underway. It proposes to use the muscle chains that facilitate the work of the pelvic floor: the serratus anterior, transverse and pelvirochanterian. Its main objective consists of analyzing and quantifying, via different evaluation techniques (clinical evaluation, quality of life questionnaires and electromyographic recordings) the efficacy of the HUBER system (10 sessions) as part of regular treatment of patients suffering from stress incontinence after experiencing ineffectiveness of classic static rehabilitation techniques (10 sessions). Effectiveness is sought particularly in the frequency of the urine loss, the feeling of distress/heaviness, improvement in quality of life, perineal and abdominal "competence" as part of dynamic rehabilitation in the standing position in comparison with the classic rehabilitation technique (2 groups with 30 patients in each).