

EFFECT OF A COMPLETE PHYSICAL THERAPY TREATMENT PROGRAM FOR TREATING WOMEN SUFFERING FROM PROVOKED VESTIBULODYNIA: A CASE REPORT.

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Background: Chronic pain associated with the female reproductive system constitutes a highly neglected health problem in women, with recurrent pain during sexual relations affecting up to 21% of North-American women. Provoked vestibulodynia is characterized by a sharp pain or burning sensation localized at the vulvar vestibule during the application of pressure or while attempting vaginal penetration. Many factors contribute to the development of provoked vestibulodynia. Women suffering from this problem may encounter important consequences in their psychological health and life-style.

Study design: Case report.

Case description: The patient in this study was a 31 year old woman diagnosed with provoked vestibulodynia. Several outcome measures were taken to evaluate the different dimensions of provoked vestibulodynia (pain, sexual satisfaction, psychosexual variables, function of the pelvic floor musculature, and blood perfusion of the vulvar region) and the potential impact of the treatment on each aspect. Data was collected at baseline and following 10 weeks of treatment by experienced physical therapists in gynecological pain.

Outcomes: The treatment program demonstrated a decrease in pain during sexual relations and an increase in sexual satisfaction. No significant change was noted for catastrophization and depression. The Laser Doppler revealed a decrease in micro-circulation of the vulva following treatment. Global improvement was observed in pelvic floor musculature.

Discussion: Considering the decrease in pain and inflammation of the vulva, the improvement in pelvic floor muscle function and sexual satisfaction, along with decreased anxiety experienced by the patient, a complete physical therapy program for the treatment of provoked vestibulodynia seems promising.