



### **Physiotherapy for pelvic organ prolapse**

Pelvic organ prolapse (POP) is a common problem among women who have given birth and one in ten will experience symptoms caused by POP. This two-day workshop is about pelvic organ prolapse and what physiotherapists can do to alleviate symptoms related to POP. This can include specific lifestyle advice, pelvic floor muscle training and the use of pessaries. The workshop is a combination of theory and practical sessions. *Ich spreche nicht so viel Deutsch aber I verstehe sehr oft und Ich weiß das Bärbel uns helfen will wen wir ein anderen nicht verstehen ;o)*

### **A little about me**

My name is Ulla Due, I am married and have two daughters. I have been a dedicated pelvic floor physiotherapist for almost 20 and my goal is to promote evidence based pelvic floor physiotherapy. I work in a large hospital and I treat patients presenting with of all kinds of pelvic floor dysfunctions such as incontinence, pelvic organ prolapse, anorectal dysfunctions and pain problems. I have been a lecturer for almost 15 years and I do courses and workshops on pelvic floor disorders for physiotherapists, doctors, nurses and midwives.

I am the chairwoman of the "Danish Society of Urological, Gynecological and Obstetric Physiotherapists" - the special interest group for pelvic physiotherapy in Denmark and I am the vice chairwoman of the Danish Continence Society.

I have a Master of Science and for this I developed a screening questionnaire for women with obstetric anal sphincter ruptures. For my PhD I performed a randomized controlled trial on pelvic floor muscle training and lifestyle advice for women with pelvic organ prolapse.

Recently, I have performed a pilot study on low-load pelvic floor muscle training combined with KAATSU training. I have published scientific articles, I have written text book chapters on pelvic floor disorders and I have participated in the development of a number of national guidelines on the treatment of pelvic floor disorders. Finally, I have developed different kinds of information for patients and health care professionals about pelvic floor disorders, including website information, magazine articles and apps for smart phones (*pelvic floor muscle training, gynzone.dk, some parts are translated into German*).

### Scientific articles

**2018** Ussing A, Dahn I, **Due U**, Sørensen M, Petersen J, Bandholm T. Clin Gastroenterol Hepatol. 2018 Dec 20.; "Efficacy of Supervised Pelvic Floor Muscle Training and Biofeedback vs, Attention-Control Treatment in Adults with Fecal Incontinence."

**2018** **Due U**, Klarskov N, Gräs S, Lose G, Neurourology and Urodynamics, Sept 28 2018  
Pelvic floor muscle training with and without supplementary KAATSU for women with stress urinary incontinence – a randomized controlled pilot study

**2018** Elmelund M, Biering-Sørensen F, **Due U**, Klarskov N: "The effect of pelvic floor muscle training and intravaginal electrical stimulation on urinary incontinence in women with incomplete spinal cord injury: an investigator-blinded parallel randomized clinical trial." [Int Urogynecol J](#). 2018 Nov; 29(11): 1597-1606.

**2017** Karlsen RV, Bidstrup PE, Helle Hvarness H, Bagi P, E Friis Lippert EF, Permild R, Giraldi A, Lawaetz A, E Krause E, **Due U** and Johansen C:" Feasibility and acceptability of couple counseling and pelvic floor muscle training after operation for prostate cancer."

**2017** Ussing A, Dahn I, **Due U**, Sørensen M, Bandholm T: "Supervised pelvic floor muscle training versus attention-control massage treatment in patients with faecal incontinence: Statistical analysis plan for a randomised controlled trial" [Contemp Clin Trials Commun](#). 2017 Jul 22;8:192-202. doi: 10.1016/j.conctc.2017.07.006. eCollection 2017 Dec.

**2016** **Due U**, Brostrøm S, Lose G: "The 12-month effects of structured lifestyle advice and pelvic floor muscle training for pelvic organ prolapse" Acta Obstet Gynecol Scand. 2016 Jul; 95(7): 811-9. Epub 2016 Mar 24.

**2016** **Due U**, Brostrøm S, Lose G: "Lifestyle advice with or without pelvic floor muscle training for pelvic organ prolapse, a randomized controlled trial" Int Urogynecol J. 2016 Apr; 27(4): 555-63. doi: 10.1007/s00192-015-2852-0. Epub 2015 Oct 6.

**2013:** **Due U**, Brostrøm S, Lose G: Validation of the Pelvic Floor Distress Inventory-20 and the Pelvic Floor Impact Questionnaire-7 in Danish women with pelvic organ prolapse. Acta Obstet Gynecol Scand 2013 Jun 3

**2010** Brostrøm S, **Due U** og Lose G. Bækkenbundstræning til gravide og barslende kvinder- en gennemgang af et Cochrane-review. Ugeskr Læger 2010: 172/36

**2009** **Due U** og Ottesen M: The Danish anal sphincter rupture questionnaire: validity and reliability. Acta Obstet Gynecol Scand. 2009; 88:36-42