# Impact of Pelvic Floor Physical Therapy on Function in Adolescents and Young Adults with Biopsy Confirmed Endometriosis at a Tertiary Children's Hospital: A Case Series

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## Abstract

**Study objective:**The purpose of this case series is to describe the change in capability to perform self-selected activities in adolescent and young adult patients with chronic pelvic pain and surgically proven endometriosis following pelvic floor physical therapy as part of multidisciplinary treatment.

**Design:**Retrospective case series SETTING: : Tertiary care pediatric hospital PARTICIPANTS: : Twenty patients with ages ranging from 14-22 years and a median age of 16.5 years with biopsy confirmed endometriosis INTERVENTION: : Pelvic floor physical therapy MAIN OUTCOME MEASURE(S): : Patient Specific Functional Scale (PSFS) outcome measure RESULTS: : Patients had a clinically significant functional improvement (median score 6.0 points on the PSFS outcome measure; interquartile range 3.8, 13.5) over the course of care (median number of 12 visits; range 4-48 visits) (p<0.001).

**Conclusions:**Patients with chronic pelvic pain and surgically proven endometriosis experienced significant functional improvement after physical therapy treatment. The results of this case series suggest that physical therapy is a viable additional intervention for adolescents and young adults with chronic pelvic pain and endometriosis and warrants further research.

**Keywords:**Adolescents; Chronic Pelvic Pain; Endometriosis; Pelvic Floor; Physical Therapy.