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**Abstract Presentation of Study of safety and efficacy
of Internal Trigger Point Wand developed and used in
the *Wise-Anderson Protocol***



SAFETY AND EFFECTIVENESS OF AN INTERNAL PELVIC MYOFASCIAL TRIGGER POINT WAND FOR UROLOGICAL CHRONIC PELVIC PAIN SYNDROME (UCPPS)

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Background

- ◆ Patients with UCPPS often do not respond to traditional therapy; many report pain associated with palpation of internal and external pelvic muscles
- ◆ This pain frequently emanates from myofascial TrPs that when palpated are tender and reproduce the specific anatomical location of pain described by the patient
- ◆ Manual palpation or compression of a tender TrPs elicits local discomfort or pain, referred pain or a “jump” or twitch response
- ◆ TrPs are defined as hyper-irritable areas in skeletal muscles associated with palpable nodules in taut bands of muscle fiber
- ◆ Symptoms frequently can be reduced with pelvic myofascial physical therapy

Objectives

Evaluate safety of a personal wand that enables patient self-treatment of internal myofascial trigger points (TrPs) in the pelvic floor and effectiveness in reducing pelvic muscle tenderness

Methods

Study Design and Patients

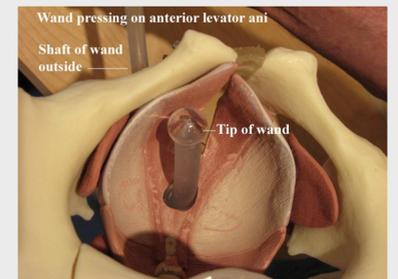
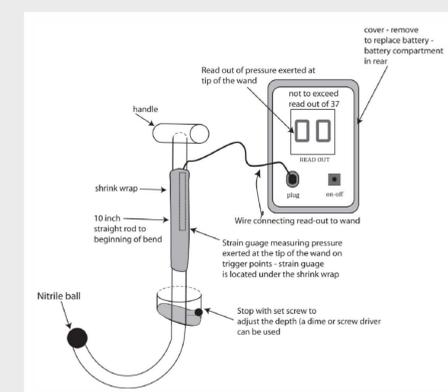
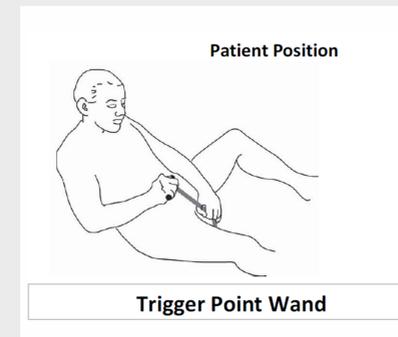
- ◆ Prospective, open label, pilot study
- ◆ UCPPS patients referred themselves for an intensive 6-day physiotherapy and progressive relaxation training program
- ◆ Baseline urologic and gynecologic evaluation to rule out other treatable conditions
- ◆ Only patients with muscle-based pelvic pain were eligible

Protocol procedures

- ◆ Physical therapist identified and mapped each patient’s myofascial TrPs and areas of myofascial tenderness and restriction
- ◆ Instructions & supervision in personal wand use and progressive relaxation training and practice occurred in 6-day program
- ◆ Patients trained to locate and massage TrPs in pelvic muscular applying static pressure
- ◆ Wand massage was to continue regularly at home, typically 2-3 times/week, ~ 5-10 minutes/session to release the pelvic floor from active painful TrPs
- ◆ Follow-up: 1 and 6 month by telephone interview and questionnaire
- ◆ Primary outcome: changes in pain sensitivity, scale 0-10

INTERNAL MYOFASCIAL TRIGGER POINT WAND

A specially-designed, rigid, ultem plastic curved wand serves as an extended finger to locate and release painful internal myofascial trigger points. The integrated algometer is easily visible and allows real-time monitoring of applied point pressure to prevent excessive or dangerous force.



Results

Patients

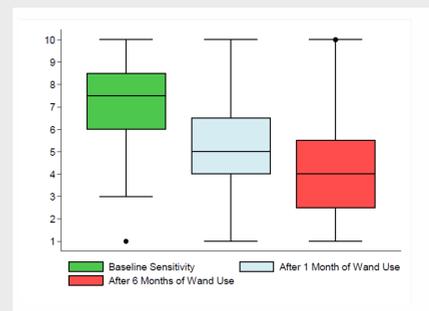
- ◆ 113 (106 men, 7 women) of 157 patients completed 6 months of wand use;
- ◆ 44 patients discontinued before study completion but none for adverse events
- ◆ Median age 41 (range XX-XX)
- ◆ Palpable TrPs median 6 (range)

Safety evaluations

- ◆ No serious adverse events occurred
- ◆ 12 had increased initial anal soreness & sensitivity with use of wand
- ◆ 3 transient minor bleeding (1 urethral, 2 rectal)

Pelvic muscle sensitivity

- ◆ 95% (106/111) patients reported wand as very (44) or moderately effective (62) in alleviating pain
- ◆ Median baseline sensitivity of 7.5 (IQR 6, 8.5) decreased to 5 (4, 6.5) at month 1; to 4 (2.5, 5.5) at month 6 (p<0.001)
- ◆ 39% of patients reported >50% reduction in pelvic muscle sensitivity



Patient Disposition	N (%)
Total Enrolled	157
Completed 1 month Follow-Up	157
Completed 6 month Follow-Up	113
Not Evaluable (specified below) at month 1 or 6	
Non compliant with protocol	
Did not complete questionnaires	10
Did not use wand ≥ once weekly	10
Discontinued use of wand	
Pelvic floor too sensitive to palpate	5
Difficulty finding trigger points	1
Difficulty using wand	3
Technical difficulty with wand	2
Preferred internal massage with finger	5
Pain and/or trigger point sensitivity resolved and did not need to use wand	5
Wand not effective for pain relief	3

Conclusions

- ◆ The personal therapeutic wand helped to achieve pain reduction or abatement in most patients thus ranking it very high amongst other multi-modal treatments
- ◆ Patients required simple education regarding hygiene and adequate training in the careful application of the wand to prevent trauma to the anal or vaginal tissue
- ◆ Self-treatment with an internal pelvic therapeutic wand appears to be a safe, viable treatment option in select refractory patients with pelvic pain