

## Pelvic physiotherapy X pompoarism and the contributions to the intimate functionality of women: a literature review

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**Abstract:** Pelvic Physiotherapy (PF) is a therapeutic practice that has been intervening positively in the universe of women's

health. The sexual response is scarred by a cycle, libido, arousal, orgasm, refractory period with an existing resolution of combination in mental and bodily responses. The aim of this research was to analyze the performance of pelvic physiotherapy and the Pompoarism technique in the functional improvement of pelvic floor muscles in women's health. This study is based on a descriptive literature review, where the selected articles were researched in the following databases: LiLacs, PubMed, SciELO and DeCS in Portuguese and English, from 2010 to 2021. We found that women throughout their life suffer a natural aging of the pelvic floor muscles, these muscles like any other needs to be stimulated, because problems such as decreased sexual activity, changes in the post-pregnancy period, surgeries or even menopause decreases the healthy functional activity of this region. Thus, it was noticed that both pelvic physiotherapy and the Pompoarism technique have been helping women to have intimate health preserved in a positive way.

**Keywords:** Pelvic physiotherapy. Pelvic floor. Pompoarism

## 1. Introduction

Pelvic Physiotherapy (PF) is a therapeutic practice that has been intervening positively in the universe of women's health. With the main objective of preventing or correcting alterations that may lead to the proper functioning of the muscles of the perineum and organs of the pelvic cavity, pompoarism is a technique that serves to improve and increase sexual pleasure during intimate contact with the partner, improving issues related to urinary incontinence and sexual dysfunctions (MIRANDA *et al.*, 2017).

The pelvic floor is composed of: uterus, bladder, vagina and rectum. The inner part is composed of fascia, ligaments, being responsible for the support of the pelvis, its musculature composes, bulbocavernosi, ischiocavernosus, urogenital trigone, sciatic tuber, anal trigone and anal and vaginal sphincters. The MPA "pelvic floor muscles" during the phases of female life, has become well weakened due to the gestational process, physical, hormonal and psychological changes (NAGAMINE *et al.*, 2021)

The sexual response is characterized by a cycle, libido, excitation, orgasm, refractory period with an existing resolution of combination in mental and bodily responses. The strength of this cycle, the muscles of the strengthened MPA generate a good sexual function adequately and the main factor, in the satisfaction of quality of life, in general (MAGNO *et al.*, 2011).

According to DELGADO *et al.*, 2014, the performance with the satisfaction within the response in sexuality, are established in a public health problem, certified a survey of 64% of women with desired dysfunction, 31% of arousal, 26% of dyspareunia, 31% of arousal and 35% with orgasm dysfunction. Also, that same year, in Brazil, a group of women with 1219, 49% had at least one dysfunction, so 23% with dyspareunia, 26.7% with desire dysfunction, 21% had orgasm dysfunction (DELGADO *et al.*, 2014).

To prevent pelvic floor strengthening, uro-genital physiotherapy using the technique of pompoarism, which acts in the contraction of muscle fibers, improving sexual desire, lubrication, orgasm, sensitivity, increased blood a apport and arousal that enables the prevention of pathologies improving quality of life and sexual satisfaction (CARVALHO *et al.* , 2020)

Pompoarism emerged in the East more than 1500 years

ago, through the priestess who used practice in fertility rituals. Asim the pompoarism stimulate the nerve endings, through the aeolian tracts, efferent with the muscarinic and beta-adrenergic receptors, where they provide good sensations of relaxation with the contractions of the musculature of the pelvic floor, thus contributing to the intimate health of the woman (FONTANELLA, 2010.)

The justification's research is to propose an approach on the importance of pelvic floor mobility, which emphasizes the technique of pompoarism thus preventing body cognition and quality of life. Thus, this study aims to investigate the performance of pelvic physiotherapy and the technique of pompoarism in the functional improvement of pelvic floor muscles in women's health.

## 2. Methodology

This is a bibliographical review study from secondary sources, which is based on a broader methodology, where bibliography research is a type of study that enables the inclusion of theoretical literature, as well as acquisition with different methodological approaches - quantitative and qualitative.

After the identification, according to the inclusion criteria, a guide selection was made, through systematic studies analyzed in a case, defined foreboding of its objectives, titles, abstracts and materials and methods, allowing the reader a prior verification of the proposed content. The articles selected from 2010 to 2021, collected to identify the physical therapy intervention in the approach to women's health, in addition to functional improvements aimed at pelvic floor muscles. Articles that did not require content on pelvic physiotherapy and the pompoarism technique (SOARES *et al.*, 2014) were discarded.

The search strategy used a collection composed of scientific articles through electronic databases of scientific publications, and the following were identified: Latin American and Caribbean literature on Health Sciences (Lilacs), Scientific Electronic Library Online (SciELO), US National Library of Medicine (PUBMED).

The search in the database was performed using the following keywords: pelvic physiotherapy, pelvic floor, pompoarism. The terms or descriptors were previously identified in the Descriptors in Health Sciences (DeCS) and

Medical Subject Heading (MeSH), being: 'pelvic physiotherapy', 'pelvic floor', 'pompoarism'.

Soon after, an agreement was made through the Boleyn connectors: pelvic physiotherapy AND pelvic floor AND pompoarism; pompoarism AND pelvic floor AND pelvic physiotherapy; pelvic floor; pompoarism AND pelvic physiotherapy.

Data were archived in October 2021. Where it will be organized into tables, through Word, for descriptive analysis.

### 3. Results and Discussion

At the intersection of the three-term pelvic physiotherapy AND pelvic floor AND pompoarism ("Pelvic Physiotherapy", "pelvic floor", "pompoarism"), with the Boolean operator AND using 3 databases, SciELO, Lilacs, PUBMED. In all, it obtained in research 1.056 publications, of these, 1.044 studies were in English, 12 in Portuguese. Among these, 1.056 were selected to make up the analysis and categorization of this study. So, 1.049 studies were examined and excluded because it does not present a theme consistent in this study (Table 1).

**Table 1.** Theme of studies "Pelvic physiotherapy", "pelvic floor", "pompoarism"

Thematic of the studies "Pelvic physiotherapy", "Pelvic floor", "Pompoarism".	No.
Pelvic physiotherapy	3
Pelvic floor	3
Pompoarism	1
Total	7

Source: Author

At the intersection of the descriptors pelvic floor AND pelvic physiotherapy AND pompoarism ("pelvic floor", "Pelvic Physiotherapy", "Pompoarism"), with the Boolean operator AND using 3 databases, SciELO, Lilacs and PUBMED, in all, 2 were obtained. 004, among these, 8 were selected in English and Portuguese to make up the analysis of the categorization proposed in this work. Therefore, 1,996 studies were evaluated and excluded because they did not present a theme that is addressed in this study (Table 2).

**Table 2.** Themes of studies "Pelvic physiotherapy", "pelvic floor", "pompoarism"

Thematic of the studies "Pelvic physiotherapy", "Pelvic floor", "Pompoarism".	No.
Pelvic physiotherapy	3
Pelvic floor	4
Pompoarism	1
Total	8

Source: Author

At the intersection of the descriptors pompoarism AND pelvic floor AND pelvic physiotherapy ("pompoarism", "pelvic floor", "Pelvic Physiotherapy"), with the Boolean operator AND using 3 databases, SciELO, Lilacs and PUBMED, in all, 10 publications were obtained, among these,

were selected 5 articles, 3 in Portuguese and 2 in English, to make up the analysis of the categorization proposed in this work. Therefore, 5 studies were evaluated and excluded pois do not present a consistent theme addressed in this study (table 3).

**Table 3.** Theme of studies "Pelvic fisiotherapy", "pelvic floor", "pompoarism".

Thematic of the studies "Pelvic physiotherapy", "Pelvic floor", "Pompoarism".	No.
Pelvic physiotherapy	1
Pelvic floor	1
Pompoarism	3
Total	5

Source: Author

From this evaluation of the publications, the following articles were obtained for discussion (Table 4).

**Table 4.** Selected Articles

Nº	Origin	Article title	Authors	Year	Considerations / thematic
01	Rev. anais. 15th Brazilian congress of body psychotherapies.	The art of Pompoarism: self-knowledge, pleasure and joy.	FONTANE LLA, T.	2010	The practice of pompoarism consists of the contraction of MAP, use breathing with controlled intervals, the proper posture to perform the exercise, the increase in body awareness and the frequency of training. Increased body awareness and training frequency.
02	Rev. Radiology.	Functional image of pelvic floor.	MAGLINT E, D.D.T; BARTRAM, C.I; HALE, D.A.	2011	The DCP "Chronic Pelvic Pain" During the last decades, imaging has become an important part of pelvic and anorectal floor dysfunction investigation.
03	Rev. Pan-	Quantitative	MAGNO,	2011	In the next

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	Amaz Saude.	evaluation of female sexual function correlated with contraction of pelvic floor muscles.	L.D.P; NUNE, E.F.C, PEREIRA, A.J.F.		studies it will be relevant to verify the factors that influence the reduction of the strength of the pelvic floor muscles and what this can cause damage to sexual function.					in diagnosis and appropriate therapeutic implementation, with significant impacts on the lives of patients.	
04	Rev. Obstet Gynecol	Pelvic pain of musculoskeletal cause in women.	GURIAN, M.B.F; SOUZA, A.M; SILVA, A.P.M.	2012	As a form of treatment, the objective of physiotherapy is to normalize muscle tone and re-educate internal and external muscles so that they can be used with adequate force, facilitating the patient's return to functional activity.	07	Rev. Scientific school of health.	Itis resources used in the treatment of female sexual dysfunctions.	DELGADO, A.M; FERREIRA, I.S.V; SOUSA, M.A.	2015	Several physical therapy techniques were observed for the treatment of some dysfunctions, such as kinesiotherapy, electrostimulation, biofeedback, vaginal cones and manual therapies.
05	Rev. Braz J Phys Ther.	The effect of outpatient therapy intervention on pelvic floor muscles in women with urinary incontinence.	KNORST, M.R; RESENDE, T.L; SANTOS, T.G; GOLDIM, J.R.	2013	In conclusion, a treatment programme with short-term weekly sessions resulted in an increase in pelvic floor muscle function and urinary continence or satisfaction with treatment for most women.	08	Rev. J Sex Med.	Incidence and prevalence of sexual dysfunction in women and men: a consensus statement from the Fourth International Consultation on Sexual Medicine 2015.	MCCABE, M.P; SHARLIP, I.D.; LEWIS, R. <i>et al.</i>	2016	Where possible, it is important to determine whether several dysfunctions are present, as this will inform the treatment strategies.
06	Rev. Dor São Paulo.	Chronic non-visceral pelvic pain: multidisciplinary treatment. Case report.	ZAKKA, M.T.R; YENG, L.T.; TEIXEIRA, M.J.; JUNIOR, R.J.	2013	The myofascial pain syndrome of the pelvis and perineal region is still little known and correctly diagnosed in Brazil, which causes the delay	09	Rev. Electronic Connection - Três Lagoas, MS.	POMPOARIS M: The Benefits It Brings to Women's Lives.	MIRANDA, B.F; KRAIEVS KI, B.F.	2017	It is considered that the practice of pompoarism women perform better in developing their functions and having fewer health problems, not losing its feminine essence with the practice of exercises, because some cultures

					consider this vulgar and in others consider a ritual, since this training is part of the treatment, prevention and help in the aid of some diseases, and leading to self-esteem and the level of sexual pleasure.				achieving better results in conservative treatment of pelvic floor dysfunction.
10	Rev. Anthropological Horizons, Porto Alegre.	The post-organic vagina: interventions and knowledge about the female body about "intimate beautification"	SILVA, M.J; PAIVA, A.C; COSTA, I.M.M.	2017	It is observed that there is a demand and production signifying of discourses about the vagina as a territory of improvement and/or reconstruction made possible by surgical interventions, but also of acceptance of differences, of the "natural" character of the body.				We believe in the importance of integrating different professionals in this area, aiming to approximate the connections of the care task and improve the quality of sexual health care, as well as the results.
11	Rev. Springer	Physiotherapy for pelvic pain and female sexual dysfunction: an untapped resource.	BERGHMANS, B.	2018	The role of pelvic physiotherapy for these patients remains a relatively untapped resource.				Pelvic physiotherapy is effective in UI treatments, both to reduce and to bring improvement of menopausal symptoms.
12	Rev. ScienceDirect.	Effect of intravaginal vibration versus electrical stimulation on pelvic floor muscles: a randomized clinical trial.	RODRIGUES, M.P; F; BARBOSA, L.J.F; PAIVA, L.L. <i>et al.</i>	2019	Improvement in muscle strength also implies an improvement in awareness of their bodies in general and pelvic area in particular, a fundamental condition for				The results of this study suggest that physicians need to consider the role of central pain mechanisms in their clinical decision-making when
13	Rev. Brazilian Society of Studies in Human Sexuality.	Genito pelvic pain disorders/penetration: an experience of interdisciplinary approach in public service.	ARAÚJO, T.G; SCALCO, S.C.P.	2019					
14	Rev. BioMed Research International.	The effect of pelvic floor muscle soldiers on quality of life in women with stress urinary incontinence and its relationship with vaginal deliveries: a randomized trial.	PTAK, M; CIECTWIEH, S; BRODOWSKA, A; STARCZEWSKI, A.	2019					Both the combined pfm training "Training more specific for stress urinary incontinence" and the synergistic Muscle, and isolated MAP exercises improve UEI.
15	Rev. Research, Society and Development.	Efficacy of pelvic physiotherapy in the treatment of urinary incontinence in climacteric women.	OLIVEIRA, C.A; SILVEIRA, E.F; MACHADO, Y.A.F; MARTINS, M.I.M.	2020					
16	Rev. Brazilian Journal of Physiotherapy.	Sensitivity of pelvic floor muscles to digital palpation among women: convergent validity with central sensitization.	VANDYKEN, B. VANDYKEN, C.	2020					

					treating MAP dysfunction.
17	Rev. Braz. J. of Develop, Curitiba.	Benefits of kegel exercises in sexual dysfunctions caused by changes in aging: an integrative review of the literature.	CARVALHO, L.M.A.; STEPS, S.M.	2020	It was concluded that pelvic floor disorders are closely related to sexual dysfunction and that the practice of Kegel exercises can contribute to improvement in some domains of sexual function, favoring the quality of women's health and life during aging.
18	Rev. Med Minas Gerais.	Physiotherapeutic techniques for sexual pain in women: a systematic review.	SOUZA, C; VAZ, M.M.T; ANDRADE, A; NUNES, E.F.C; FERNANDO, G.	2020	Pelvic physiotherapy is effective in the treatment of vulvodynia and dyspareunia, however there is no consensus as to which techniques would be most appropriate for this purpose, nor which is the best set of techniques.
19	Rev. J. Clin. Med.	Urinary incontinence in women: modern methods of Physiotherapy as support for surgical treatment or Independent Therapy.	BIALY, A.I.M; BOGUCKA, D.K; NOWAKO WSKI, C.	2020	As indicated, physiotherapy is certainly an important element of conservative treatment of UI.
20	Rev. Research, Society and Development.	The importance of strengthening pelvic floor muscles in women's	NAGAMIN E, B.P; DANTAS, R.S.; SILVA, K.C.C.	2021	Thus, one can perceive the importance of strengthening this musculature, to

		health.			improve female sexual satisfaction and prevent dysfunctions. Therefore, physical therapy becomes increasingly participatory and important in strengthening this musculature.
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## 4. Conclusion

We found that women throughout their life suffer a natural aging of the pelvic floor muscles, these muscles like any other needs to be stimulated, because problems such as decreased sexual activity, changes in the post-pregnancy period, surgeries or even menopause decreases the healthy functional activity of this region. Thus, it was noticed that both pelvic physiotherapy and the pompoarism technique have been helping women to have intimate health preserved in a positive way.

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