



EFFECTIVENESS OF THE INTERMITTENT COLON EXO-PERISTALSIS WITH MOWOOT AS A TREATMENT OF CHRONIC CONSTIPATION.

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INTRODUCTION: Daily colonic massage is a non-pharmacological or invasive therapeutic option against chronic constipation that is not caused exclusively by anorectal block. The MOWOOT medical device provides intermittent exo-peristalsis of the colon by automatically reproducing this massage.

OBJECTIVE: to assess the efficacy and safety of MOWOOT in adults with chronic constipation (Rome-III) of >1 year evolution who attend the pelvic floor medical consultation.

METHODOLOGY: Pre and post treatment pilot study. 33 patients who attended the clinic from June 16 to March 19 were included. The treatment consisted of using MOWOOT 20 min daily for 14 consecutive days (TRAT). Patients should not suspend any of their usual pharmacological treatments. They could reduce the dose of laxative or other evacuation aids if appropriate. For 14 days prior to treatment (PRE) and during the TRAT, patients filled out an evacuation diary recording number of evacuations (Evac/d), faecal consistency (Bristol) and evacuation aids. The values (Evac/d) PRE vs TRAT are compared using t-test, and Mann Whitney test for faecal consistency (Bristol). The results are expressed as mean (SD). Values of $p < 0.05$ are considered statistically significant.

RESULTS: 17 people (15 women and 2 men) between 43 and 84 years of age completed the records, with a mean age of 58.82 (SD 14.3). The results obtained showed a significant improvement in both the Evac/d number PRE = 0.77 (SD 0.4) vs TRAT = 0.98 (SD 0.4), $p = 0.03$; as in faecal consistency according to Bristol PRE = 2.53 (SD 1.5) vs TRAT = 3.82 (SD 1.18), $p = 0.009$. The results obtained so far seem to indicate a reduction in the dose of laxatives and other evacuation aids that will have to be confirmed at the end of the study. No one reported any adverse effects.

CONCLUSIONS: Colon exo-peristalsis with MOWOOT is a treatment that appears to be effective for constipation, improving faecal consistency and increasing the frequency of bowel movements.