

PHYSIOTHERAPY PERFORMANCE IN PERINEAL LACERATION PREVENTION: LITERATURE REVIEW

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Abstract: Physiotherapy assists and contributes to strengthening the pelvic muscles, through various techniques it manages to strengthen and stretch a set of muscles located at the base of the pelvis, also known as the perineum. During pregnancy, the woman may undergo laceration or episiotomy. This work is a literature review that, through a bibliographic survey, gathered studies from the last 10 years that fit directly with the proposed theme, aiming to emphasize the importance of physiotherapy in cases of perineal laceration and to verify the functionality of perineal massage, a physiotherapeutic technique that is positive and effective for reducing cases of laceration, especially in the first delivery. However, more studies are needed to observe the time and frequency of massage at different gestational ages.

Keywords: physiotherapy, perineal laceration, prevention of episiotomy and perineal massage.

INTRODUCTION

Perineal trauma during childbirth can occur spontaneously as a laceration or intentionally as in an episiotomy, being a common event mainly in the first delivery¹. However, physiotherapy during pre-delivery is extremely valuable, using techniques that prepare the parturient's body for delivery and postpartum, through techniques that promote strengthening of the pelvic floor muscles and techniques that provide increased flexibility of the pelvic floor muscles. perineal muscles.

During pregnancy, women undergo physical and hormonal changes, these changes and childbirth are considered risk factors for changes in pelvic floor muscle strength and consequently contributing to perineal trauma. Many studies emphasize the importance of physiotherapeutic follow-up during pregnancy, childbirth and the puerperium, contributing to a safe delivery,

reducing the chances of perineal laceration or episiotomy using manual techniques such as perineal massage, one of the techniques that presents a significant effectiveness being of low cost and simple execution. (Teixeira et al., 2022; Marcelino et al., 2009).

The present study aims to emphasize the importance of physiotherapeutic follow-up for pregnant women in order to prevent perineal lacerations at the time of vaginal delivery, and to verify the functionality of perineal massage as a physiotherapeutic resource in the face of laceration prevention.

METHODOLOGY

Review carried out through a bibliographical survey with a study directed to publications of the last 10 years. Articles in the SCIELO database and academic google were used. The criteria adopted for selection were articles in English and Portuguese and consulted by descriptors physiotherapy, perineal laceration, prevention of episiotomy and perineal massage. 110 files were found, however, only 6 were used, which addressed the theme proposed for study.

RESULTS AND DISCUSSION

There is great concern to improve the conditions of care for women during pregnancy and childbirth, as perineal injury affects 85% of women who undergo vaginal delivery². The articles used in this review prove that pre-delivery perineal massage avoids perineal trauma and that physiotherapy before, during and post-partum contributes to strengthening the pelvic floor, helping to alleviate musculoskeletal changes during pregnancy and in the puerperal period.^{4,5,6}

Women who have physiotherapeutic follow-up during their pregnancy and perform massage and stretching of the perineum during the last weeks of pregnancy present good results in relation to pregnant

women who do not perform any type of physiotherapeutic conduct directed at the floor muscles, the research observed in this study corroborates that perineal massage, in addition to being easily accessible, adheres well and contributes to a safe natural delivery, reducing the chances of an episiotomy or perineal laceration, providing a faster and less painful recovery, especially for “first-time mothers”. (Marcelino et al., 2009; More et al., 2017; Teixeira et al., 2022).

CONCLUSION

The selected studies showed that pre-delivery physiotherapeutic follow-up is effective in preventing perineal lacerations and contributes to reducing the risk of episiotomy, using techniques such as perineal massage that manages to increase the flexibility of the perineal muscles, facilitating vaginal delivery, in addition to provide faster recovery for parturient. In addition, studies are needed to observe the time and frequency of massage at different gestational ages.

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