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## "Improved erectile function after focal muscle vibrations therapy in a patient with neurogenic erectile dysfunction: A case report"

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### Objectives

To report a case of improved Erectile Dysfunction (ED) after surgery for colorectal cancer using focal Muscle Vibrations (MV).

### Results

At the end of five weeks, the patient showed improvement over baseline of 8 points for the erectile function domain scores from 7 to 15 with using the device.

### Methods

A 59-year-old male from Spain with neurogenic ED following surgery for colorectal cancer 18 months ago with an International Index of Erectile Function (IIEF) score <18, sexually active, fully continent before surgery; and withdrawal from previous treatment for at least three months such as erectogenic aids, nutraceuticals, antispastics, and psychoactive drugs, was encouraged to use a male vibrator called Tenuto®, three times a week for five consecutive weeks, each session lasting 30 min. The stimulation was delivered to the perineum and suprapubic areas. Vibration stimuli were delivered at a frequency of 130 Hz. Changes in the validated erectile function domain of the IIEF were used to estimate the effectiveness of MV in improving ED. It has been suggested that an increase in of 6 points in this domain indicates a clinical improvement.

### Conclusions

Although patients experiencing neurogenic ED are a multifaceted group, in this case we believe that MV improves ED through improved spasticity.

Previous research shows that muscle MV may improve muscle synergies and counterbalancing the spasticity. The reduction of spasticity may be a therapeutic option to improve ED.

Future studies using larger cohort and longer followup with control group could provide more evidence in order to confirm this hypothesis.



Figure1. Flexible wearable vibrator called Tenuto that pulsates the perineum and suprapubic areas at the same time used by the patient. Dimensions 13 x 6.7 x 10.7 cm.

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