

ABSTRACT

Primary dysmenorrhea is one of the most common gynecological complaints of young women. This problem consists of painful contractions of the uterus during the first days of the menstrual cycle without an obvious pathological cause, which are accompanied by other unpleasant symptoms. Most often, women resort to pharmacotherapy for pain management, which is easily accessible and has a rapid onset of action. However, it can have extensive negative side effects and addresses only the pain and not the associated symptoms. Because of the negative side effects of pharmacotherapy, the management of primary dysmenorrhoea is shifting to physiotherapy methods.

The aim of this study is to determine whether the Ludmila Mojžíšová's method has a positive effect on pain and associated symptoms in primary dysmenorrhea. Twenty women participated in the study and were divided into either an experimental or control group. The entry criteria for the study was the age between 18 and 26 years, pain intensity on a visual analogue scale during bleeding greater than 4 and a regular menstrual cycle (duration between 25-32 days). Exclusion criteria included the use of hormonal contraceptives, absence of pelvic floor pathology such as endometriosis, undergoing abdominal or gynecologic surgery or major surgery of the spine, knees, and hips, undergoing abortion, or having given birth.

The experimental group underwent therapy according to the Ludmila Mojžíšová method once a month for half a year, the control group did not undergo any therapy. The data were obtained from anamnestic data, entrance and exit examinations and from the czech version of the Menstrual Distress Questionnaire, which was translated into czech language by Bc. Klára Beránková in her thesis *Přínos fyzioterapie v léčbě pacientek s primární dysmenoreu* in 2016. Pain intensity was then assessed using a visual analogue scale on a scale of 0-10. Data were processed in Microsoft Excel.

Two-sample and paired t-test was used for statistical processing. In the experimental group, pain intensity monitored on the visual analogue scale decreased by 2.4, from 7,3 to 4,9 with a p-value less than 0.001. Also, the intensity of the observed symptoms recorded in the Menstrual Distress Questionnaire decreased by 25.2, from 110 to 84,8 with a p-value also less than 0.001.

The results indicate that the Ludmila Mojžíšová's Method has a positive effect on both pain intensity and associated symptoms during menstruation in women with primary dysmenorrhea.

Key words: pelvic floor, Ludmila Mojžíšová method, primary dysmenorrhea