

Low Anterior Resection Syndrome:

Role of Physiotherapy

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Symptoms and Quality of Life Affection

Myriad Of Symptoms

- Incontinence
- Urgency
- Obstructive Defecation
- Pain etc...

Major QoL
Affection= Major
LARS

Minor QoL
Affection= Minor
LARS

Factors Known to Increase Severity

Covering Iliostomy

Ultra-low resection

Radiotherapy

Sphincter stretch or
injury

Preexisting
weakness/obstructive
symptoms

Components

Reservoir

Compliance

Sphincter

Identification of Component Participation and Differentiation from Other Post-op Sequelae

- ▶ Imaging
- ▶ Defecography
- ▶ High Def Anorectal Manometry
 - ▶ Assessment of reservoir function and sensory thresholds
 - ▶ Compliance assessment (pressure increase in response to volume increase)
 - ▶ Sphincter power and coordination
 - ▶ Followup of rehab progress

Role of therapist

- ▶ Proper quantification of components participation in symptoms
- ▶ Assessment and followup of quality of life affection
- ▶ Tailoring of sessions according to patient progress and tolerance
- ▶ Establish empathetic communication and trust

Types of Rehabilitation

- ▶ Biofeedback
- ▶ Pevic floor training
- ▶ Electrostimulation
- ▶ Volumetric/ capacitance rectal balloon training
- ▶ Multimodal

Biofeedback

- ▶ Concept and Definition
- ▶ Types
 - ▶ Pressure
 - ▶ EMG
- ▶ Target
 - ▶ Increase Power
 - ▶ Regain Coordination
 - ▶ Alter Sensation

Pelvic Floor Training

- ▶ Kegel
- ▶ Pelvic floor weight training

Electrostimulation

- ▶ Benefits

- ▶ Increase proprioceptive Awareness
- ▶ Increase number of recruitable fibres
- ▶ Might help relieve spasm

- ▶ Modalities

- ▶ Implantable Sacral Nerve Stimulation
- ▶ Intermittent transanal
- ▶ Other

Volumetric Training

- ▶ Aims
 - ▶ Increase rectal compliance
 - ▶ Increase reservoir function not by dilatation but by progressively increasing tolerance to distension
- ▶ Uses
 - ▶ Before closure of ileostomy
 - ▶ Severe urgency

Multimodal/combined therapy

- ▶ EMG Triggered stimulation augmented biofeedback
 - ▶ Ambulatory based home units
 - ▶ Useful for strength training and coordination training
- ▶ Sensory biofeedback and transanal irrigation
- ▶ Other combinations

Limitations

- ▶ Severe loss of function
 - ▶ Muscle tear
 - ▶ Nerve damage
- ▶ Severe cicatrization
 - ▶ Radiotherapy
- ▶ Not LARS
 - ▶ Anastomotic stricture

Thank
You

