

# Review of: "A Study to Assess the Effect of Pelvic Floor Muscle Strengthening Exercises on Urinary Incontinence in Patients with Cervical Cancer Undergoing Radiation Therapy at a Tertiary Cancer Centre"

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The article successfully integrates current trends in cancer rehabilitation providing the potential to influence future direction, effectively highlighting on the neglected areas, strong evidence is provided to support the literature.

The objectives of the study is well-defined, focusing on the pelvic floor muscle strengthening exercises on urinary incontinence in cervical cancer undergoing radiation therapy. Methodology is well formulated providing a detailed description of exercise, use of pamphlet demonstrates the exercises and promote reproducibility, whereas the follow-ups and log book maintenance contribute to the methodological rigor. Use of ICIQ UI-SF tool and perineometer for assessing urinary incontinence is appropriate and adds credibility to the study's results. The duration of 12 weeks is appropriate for the strengthening of the muscles during urinary incontinence. Appropriate statistical analysis contributes to the robustness of the results however follow up should have been added to check the effectiveness of the intervention. The study acknowledges that only 43 out of 45 women completed the intervention and follow-up. The reasons for attrition should be explored and discussed to assess potential biases. A control group receiving standard care could strengthen the study's internal validity by allowing for a direct comparison.

In conclusion this study indeed is a valuable contribution to the understanding of managing urinary incontinence in cervical cancer patients undergoing radiation therapy. However, making it a multicentered study, adding a control group, increasing the follow ups in future research would enhance the study's overall strength.