

## EFFECTIVENESS OF INTEGRATIVE PHYSIOTHERAPEUTIC APPROACHES IN EARLY POSTOPERATIVE REHABILITATION AFTER MYOMECTOMY

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**Background:** *Early postoperative rehabilitation after myomectomy is essential for reducing complications and accelerating functional recovery. Integrative physiotherapeutic approaches may enhance standard postoperative care, but quantitative evidence remains insufficient.*

**Objective:** *To evaluate the clinical effectiveness of integrative physiotherapy in early rehabilitation following myomectomy.*

**Materials and Methods:** *A prospective comparative study included 72 patients after myomectomy, divided into an intervention group (n=36) and a control group (n=36). The intervention group received integrative physiotherapy (breathing exercises, low-intensity therapeutic exercises, electrotherapy, magnetotherapy, and myofascial relaxation) in addition to standard care, while the control group received standard rehabilitation only. Outcomes were postoperative pain intensity (VAS), time to restoration of bowel function, functional mobility score, length of hospital stay, and health-related quality of life (SF-36). Statistical analysis was performed using Student’s t-test; results were expressed as mean ± SD.*

**Results:** *On postoperative day 3, pain intensity was significantly lower in the intervention group compared to controls ( $3.1 \pm 0.8$  vs  $4.5 \pm 0.9$ ,  $p < 0.001$ ). Time to restoration of bowel function was shorter ( $36.4 \pm 8.2$  h vs  $52.7 \pm 10.5$  h,  $p < 0.01$ ). Functional mobility scores were higher in the integrative physiotherapy group ( $78.6 \pm 6.4$  vs  $69.2 \pm 7.1$  points,  $p < 0.01$ ). Length of hospital stay was reduced ( $5.2 \pm 1.1$  days vs  $7.1 \pm 1.4$  days,  $p < 0.001$ ). SF-36 physical component scores were significantly improved ( $61.3 \pm 5.7$  vs  $54.8 \pm 6.2$ ,  $p < 0.05$ ). No significant increase in postoperative complications was observed.*

**Conclusion:** *Integrative physiotherapeutic approaches significantly improve early postoperative outcomes after myomectomy, leading to reduced pain, faster functional recovery, and shorter hospitalization. These findings support their inclusion in standardized early rehabilitation protocols.*

**Keywords:** *myomectomy; early rehabilitation; integrative physiotherapy; postoperative recovery; quality of life.*