

Appendix Table F84. Comparative effectiveness of nonpharmacological treatments on improvement of incontinence

Active	Control	Studies reference	Number of subjects	Relative risk (95% CI)	Absolute risk difference (95% CI)	Number needed to treat (95% CI)	Attributable events 95% CI)	Evidence
Continence service	Bladder training	1 study ⁵⁸⁸	74	Not significant				Insufficient
Bladder training with audiotape about PFMT	Bladder training	1 study ⁵²⁰	40	1.72 (1.10; 2.69)	0.38 (0.12; 0.64)	3 (2; 8)	378 (121; 636)	Insufficient
PFMT	Behavioral intervention	1 study ⁶¹⁵	238	Not significant				Insufficient
PFMT+ BT	PFMT	1 study ⁵⁵⁰	224	Inconsistent across definitions benefit				Insufficient
Individual PFMT+ bladder training	Group	1 study ⁵⁴⁴	530	Not significant				Insufficient
Circular muscle exercises (Paula method)	PFMT group	1 study ⁵⁵⁹	240	1.26 (1.02; 1.57)	0.14 (0.01; 0.26)	7 (4; 69)	138 (15; 261)	Insufficient
PFMT+ EMG biofeedback	PFMT	3 studies ^{489,505,626}	322	Inconsistent across definition benefit				Low
PFMT	PFMT+ vaginal balls	1 study ⁴⁸⁴	37	1.49 (0.74; 2.98)	0.19 (-0.13; 0.51)			Insufficient
PFMT	Vaginal cone	1 study ⁶¹⁵	238	Not significant				Insufficient
Physiotherapy + biofeedback	Physiotherapy	1 study ⁵³⁵	40	Not significant				Insufficient
Group physiotherapy	Biofeedback	1 study ⁵⁸⁵	40	Not significant				Insufficient
Vaginal cone therapy	Bladder training	1 study ⁶¹⁵	238	Not significant				Insufficient
Contrelle Continenace Tampon, CCT	Conveen Continenace device Guard, CCG	1 study ⁶⁰⁸	94	Not significant				Insufficient
Durasphere	Contigen	1 study ⁴⁸²	52	1.54 (0.99; 2.38)	0.27 (0.02; 0.52)	4 (2; 56)	269 (18; 521)	Insufficient

Appendix Table F84. Comparative effectiveness of nonpharmacological treatments on improvement of incontinence (continued)

Active	Control	Studies reference	Number of subjects	Relative risk (95% CI)	Absolute risk difference (95% CI)	Number needed to treat (95% CI)	Attributable events 95% CI)	Evidence
Urethral device (NEAT) packaged with device	Reliance Insert sterile balloon	1 study ⁵⁹⁰	24	Not significant				Low
Durasphere	Bovine collagen	1 study ⁵⁶¹	364	Not significant				
Porcine dermal implant injection (Permacol)	Silicone injection (Macroplastique)	1 study ⁴⁸⁷	50	Not significant				Insufficient
Periurethral dextran copolymer	Transurethral agent-dextran copolymer	1 study ⁵⁹³	40	Not significant				Insufficient
Calcium hydroxylapatite (CaHA)	Bovine Dermal Collagen	1 study ⁵⁶⁷	296	Not significant				Insufficient
Autologous myoblasts and fibroblasts	Collagen	1 study ⁵⁹⁸	63	Not significant				Insufficient
Transurethral injection of Macroplastique	Transurethral injection of Contigen®	1 study ⁵³³	247	Inconsistent across definitions benefit				
Zuidex Implacer	Contigen endoscopic guidance	1 study ⁵⁶²	344	Inconsistent across definitions benefit				Insufficient