Table 10. Effects of Perineal Muscle Training

Author Year; Country Score Research Design Total Sample Size	**Methods**	**Results**
Shendy et al. 2015 Egypt RCT Level 1 N=30	**Objective:** This study compared the efficacy of transcutaneous electrical nerve stimulation (TENS) with pelvic floor biofeedback (PFBFB) training in the treatment of bladder and erectile dysfunction for male patients with traumatic partial spinal cord injury. **Population:** N=30, Males, Mean age: 28.2, Injury above T12 **Treatment:** All participants performed pelvic floor exercises; one group also had transcutaneous electrical nerve stimulation (TENS) with the other group also receiving pelvic floor biofeedback (PFBFB) training. **Outcome Measures:** means of cytometric measurements, electromyography activity of pelvic-floor muscles, max flow urinary rate, and International Index of Erectile Function (IIEF-5) Questionnaire.	1. There were improvements in IIEF scores in both TENS (14.1 to 18.9) and PFBFB (13.4 to 14.1) groups. 2. There were statistically significant group differences between IIEF scores after treatment TENS (18.9) and PFBFB (14.1) ($p<0.05$).
Courtois et al. 2001 Canada Pre-post Level 4 N=10	**Population:** 10 men, age range 25-52 yrs. **Treatment**: Perineal training combined with biofeedback and home exercises. **Outcome Measures:** Tumescence (penile circumference).	1. Perineal training resulted in significant differences in tumescence (mean penile circumference 2.01 cm to 3.22 cm ($p<.05$). 2. After treatments were stopped there was a decrease in penile circumference (mean 2.66 cm) that was not statistically significant from the treatment increase.