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ABORDAGENS FISIOTERAPEUTICAS NO MANEJO DA DOR PÉLVICA CRÔNICA MASCULINA: UMA REVISÃO SISTEMÁTICA COM METANÁLISE

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Introdução (No máximo 300 caracteres com espaço)

A Dor Pélvica Crônica (DPC) masculina é uma síndrome complexa e debilitante que afeta significativamente a qualidade de vida. Caracterizada por dor persistente na região pélvica, sem infecção bacteriana confirmada, sua etiologia multifatorial e a ausência de tratamentos universalmente eficazes ressaltam a necessidade de abordagens terapêuticas baseadas em evidências.

Objetivo (No máximo 200 caracteres com espaço)

Este estudo teve como objetivo realizar uma revisão sistemática com metanálise das evidências disponíveis sobre a eficácia de diferentes abordagens fisioterapêuticas no tratamento da DPC masculina, visando analisar quantitativamente os principais desfechos clínicos e contribuir para a prática clínica.

Método (No máximo 400 caracteres com espaço)

Conduziu-se uma revisão sistemática com metanálise, seguindo as diretrizes PRISMA e registrada no PROSPERO (CRD420250653301). A busca bibliográfica foi realizada de janeiro a fevereiro de 2025 nas bases de dados PubMed, Embase, Web of Science, Scielo, LILACS, Web of Science e Science Direct, sem restrições de tempo ou idioma. Foram incluídos ensaios clínicos randomizados que investigaram intervenções fisioterapêuticas em homens com DPC, avaliando desfechos como o escore total e subescores do NIH-CPSI, o IPSS e a qualidade de vida. A seleção dos estudos, extração de dados e avaliação do risco de viés (RoB

2.0) foram feitas por avaliadores independentes, com resolução de discordâncias por consenso. As metanálises foram realizadas utilizando o software RevMan 5.4.1.

Resultados (No máximo 300 caracteres com espaço, sem gráficos, tabelas, gráficos, imagens e similares)

Foram incluídos 16 estudos elegíveis, totalizando 1.239 participantes do sexo masculino. A acupuntura e eletroacupuntura foram avaliadas em seis estudos, demonstrando consistentemente reduções significativas nos escores totais e de dor do NIH-CPSI. A osteopatia, investigada em um estudo, mostrou melhorias substanciais no IPSS, NIH-CPSI e qualidade de vida. A eletroestimulação (incluindo PTNS e SEM), abordada em quatro estudos, indicou redução nos escores de dor e sintomas urinários. A terapia por ondas de choque extracorpóreas, analisada em quatro estudos, demonstrou melhora na dor, sintomas urinários e função erétil. Os eventos adversos foram geralmente leves e transitórios, com maior incidência associada à acupuntura. A avaliação do risco de viés revelou seis estudos com risco moderado, um com baixo risco e nove com alto risco

Conclusão (No máximo 200 caracteres com espaço)

As intervenções fisioterapêuticas examinadas (acupuntura, osteopatia, eletroestimulação e terapia por ondas de choque) são promissoras e seguras no manejo da DPC masculina, demonstrando melhora em desfechos importantes como dor, sintomas urinários e qualidade de vida. Contudo, a heterogeneidade metodológica entre os estudos primários ressalta a necessidade de ensaios clínicos randomizados futuros com maior padronização de protocolos e acompanhamento de longo prazo para consolidar essas evidências.

Palavras-chave: dor pélvica crônica, tratamento, fisioterapia, homens.

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