

Foreword

The initial objective of this work was to reduce stress incontinence surgery from a major surgical procedure (requiring up to ten days in hospital) to a minor day-care operation. From the beginning it was clear that the two major impediments to achieving this goal were post operative pain and urinary retention. Addressing these problems became a long and winding road and culminated in the Integral Theory.

The IVS 'tension-free' tape operation was inspired by Dr Robert Zacharin's anatomical studies. Though Zacharin suggested that the ligaments and muscles around the urethra were important for urinary continence control, he did not say how. The observation that implanted foreign materials created scar tissue led to the hypothesis that a plastic tape inserted in the position of the pubourethral ligament, would leave behind sufficient scar tissue to reinforce that ligament, which would then anchor the muscles for urethral closure.

In September 1986, two prototype Intravaginal Sling operations were performed. A Mersilene tape was inserted with neither tension nor elevation, in the position of the pubourethral ligament. Restoration of continence was immediate and both patients were discharged on the day following surgery without requirement for catheterization. There was minimal pain, and immediate restoration of continence. After six weeks the tapes were removed. Both patients were still continent at last review 10 years later. The results appeared to confirm the importance of a midurethral anchoring point. Furthermore, as there was no elevation of the bladder neck, the results cast doubt on the validity of the prevailing 'pressure equalization theory' of Enhorning.

In 1987, with Professor John Papadimitriou and colleagues from Royal Perth Hospital, a series of experimental animal studies was performed to scientifically analyse the safety, efficacy and modus operandi of a tape implantation. Tape implantation was found to be safe and it worked by creating a linear deposition of collagen in the position of implantation.

The first of 30 operations were performed at Royal Perth Hospital, Western Australia, between 1988 and 1989. An adjustable intravaginal Mersilene sling was sited at midurethra. The sling was set in an elevated position but this caused urgency and obstructed flow post-operatively. As the sling was lowered, these symptoms disappeared, yet most of the patients remained cured of their stress incontinence.

On comparing the pre-operative and post-operative x-rays, no elevation of bladder base was evident. This appeared to invalidate the 'Pressure Equalization Theory' for maintenance of urinary continence. Furthermore, when the midurethral tape was anchored by grasping it with a haemostat, the distal urethra was seen to move forward, but the Foley balloon catheter moved backwards and downwards

around the midurethral point. From these observations the concept of two separate closure ‘mechanisms’ emerged. Over the space of a year, a theoretical framework that integrated these disparate findings with known anatomy was developed (the Integral Theory 1990). The key concepts were that the suspensory ligaments were essential for normal bladder function, and that bladder dysfunction occurred because of connective tissue damage within these same ligaments.

In 1990 a collaboration with Professor Ulf Ulmsten began. Further studies were performed, and the first formulation of the Integral Theory was published:

For different reasons, stress and urge derive mainly from laxity in the vagina or its supporting ligaments, a result of altered collagen/elastin.

Separate urethral and bladder neck closure mechanisms were described. Abdominal ultrasound studies in 1990 demonstrated that the urethra was closed from behind by the hammock closure mechanism. Bladder instability in the non-neurological patient was defined as a premature activation of the micturition reflex.

In 1993 the second exposition of the Integral Theory presented radiological and urodynamic studies and brought a higher level of proof.

Five prototype suburethral sling operations for stress incontinence were analysed with reference to *modus operandi* and surgical methodology (1993 Integral Theory). A problem that remained was the relatively high rate of Mersilene tape erosion. This was largely solved in 1996 by Professor Ulmsten’s Scandinavian group (Ulmsten et al. 1996) through use of a polypropylene mesh tape. The ‘posterior fornix syndrome’ was described (1993 Integral Theory). Reconstruction of the posterior ligaments improved symptoms of urge, nocturia, abnormal emptying and pelvic pain. These findings were seminal in the construction of the Pictorial Diagnostic Algorithm.

The ten years to 2003 has seen a consolidation and international acceptance of many parts of the Integral Theory, in particular, the treatment of stress incontinence with a midurethral sling. The Theory framework has expanded to include faecal incontinence, abnormal emptying, and some types of pelvic pain. New ultrasound and urodynamic techniques promise to improve diagnostic accuracy, especially when used with the ‘simulated operations’ technique described later in this book. Improvements in surgical methodology have been running on a parallel path with the expansion of the Integral Theory. These new methods were developed because traditional vaginal surgery methods of excision and approximation were unable to restore tissue strength sufficiently to restore structure, as described by the Integral Theory system. To overcome this deficiency, double layered techniques such as the ‘bridge’ repair, which recycles excess vaginal tissue (Petros 1998), and the Posterior IVS (Petros 2001) were developed. Tightening the suburethral hammock in addition to a midurethral sling has increased the cure rate for stress incontinence and intrinsic sphincter defect (Petros 1997). The posterior sling has been further improved and simplified.

In particular, the new tissue fixation system (TFS) appears to be a major advance on the existing ‘tension-free tape’ slings in that it is possible to repair *any* ligament or fascial defect in the pelvic floor. The TFS operations are more anatomical, far less invasive, and they are able to be performed *under direct vision*.

This book has been written in the hope that it will further clarify and disseminate the ideas of the Integral Theory and help provide the basis required for further advances in theory, diagnosis and surgical techniques to alleviate problems in the female pelvic floor.

Chapter 1 is an introduction and overview of the Integral Theory. It outlines the 'problem' being addressed, that is, the various symptoms of pelvic floor dysfunction, current knowledge and treatments. The overview explains normal function, and introduces the causes of dysfunction, diagnosis of damaged structures and the principles of minimally invasive surgical repair according to the Integral Theory.

Chapter 2 aims to familiarize the reader with the roles of ligaments and muscle forces and describes how they work synergistically to maintain form and function of the pelvic organs. It describes the anatomy of the pelvic floor, the interrelated roles of bone, muscles, ligaments and organs in the context of structure, form and biomechanics. It describes the static and dynamic anatomy of the pelvic floor and the seminal role played by connective tissue in function and dysfunction. It introduces the concept of the 'three zones' of the vagina, which is a central part of the Integral Theory diagnostic system, surgical anatomy and techniques.

Chapter 3 describes the Integral Theory system for diagnosis of connective tissue damage in the three zones of the vagina. Two diagnostic pathways are discussed in detail: the Clinical Diagnostic pathway, suitable for the general clinician, and the Structured Assessment pathway for use in specialist pelvic floor clinics. The components of these pathways and their role in the diagnostic process are described thoroughly. The concept of the 'simulated operation', used for verification of diagnosis, is introduced. This is an invaluable part of the Integral Theory system. It is used for preoperative direct testing of the zone of diagnosed anatomical damage.

Chapter 4 discusses the conceptual basis for minimally invasive pelvic floor surgery and introduces a new perspective on the surgical anatomy of the three zones of the vagina. It presents the minimally invasive surgical techniques developed for addressing anatomical defects in each of the zones, in particular the 'tension-free' tape anterior and posterior slings, and introduces the tissue fixation system.

Chapter 5 explains the pelvic floor rehabilitation exercises that were developed from the Integral Theory approach. Originally these exercises were designed as an alternative to surgery, but it has been found that they also assist the patient in maintaining the benefits they have attained from surgery.

Chapter 6 gives an anatomical basis for the 'mapping' of connective tissue dysfunction and the anatomical basis for urodynamics is explained. Many of the internal contradictions within conventional urodynamics are explained using the Chaos Theory framework, non-linear methodology and Boolean algebra. Boolean algebra is used to explain the concept of switching between the closed and open phases of the bladder. There are descriptions of the expanded use of transperineal ultrasound to the middle and posterior zones.

Chapter 7 discusses current and emerging issues related to further enhancement of the Integral Theory system, in particular, faecal incontinence. The potential of the new scientific concepts, methodologies and technologies in making the diagnostic

process more efficient is discussed. The Integral Theory Diagnostic System (ITDS), a computer based diagnostic system, incorporating the potential of a large data base developed across the internet is presented.

Chapter 8 is the conclusion. It briefly tracks the evolution of the Integral Theory from theory to working system and discusses the future importance of the internet for this new direction for pelvic floor science.

The questionnaire and other tools used in the diagnostic process are included and described in Appendix 1. References and further reading are included in Appendix 2.

Contents

Preface.....	v
Acknowledgments.....	vii
Foreword	ix
List of Frequently Used Abbreviations and Acronyms.....	xix
Chapter 1 – Overview	1
1.1 Introduction.....	1
1.1.1 The Problem	1
<i>Urinary Incontinence</i>	1
<i>Frequency of Urination</i>	1
<i>Nocturia</i>	2
<i>Bowel Dysfunction</i>	2
<i>Abnormal Bladder Emptying</i>	2
<i>Chronic Pelvic Pain</i>	2
<i>Other Problems</i>	2
1.1.2 The Integral Theory - A New Perspective	2
1.1.3 A Guide to the Diagrams Used in this Book.....	3
<i>Series 1 Static Anatomy</i>	3
<i>Series 2 Dynamic Anatomy</i>	5
<i>Series 3 Functional Anatomy</i>	6
1.2 Overview of Pelvic Floor Function and Dysfunction According to the Integral Theory	7
1.2.1 Basic Tenets of the Integral Theory.....	7
<i>Structure and Form</i>	9
<i>Function and Dysfunction</i>	9
<i>Causes of Dysfunction - Delineating the Zones of Damage</i>	9
<i>Diagnosis of Damage</i>	10
<i>Surgical Repair of Connective Tissue Structures</i>	11
1.3 Summary Chapter 1	12
Chapter 2 – The Anatomy and Dynamics of Pelvic Floor Function and Dysfunction	14
2.1 The Anatomy of Pelvic Floor Function	14
2.1.1 Introduction	14
2.1.2 The Role of ligaments, Muscles and Fascia in Creating Form, Strength and Function.....	15
2.1.3 The Role of Connective Tissue Structures.....	15
2.1.4 The Key Ligaments of The Pelvic Floor Structure.....	16
<i>The Pubourethral Ligament (PUL)</i>	16
<i>The Arcus Tendineus Fascia Pelvis (ATFP)</i>	17
<i>The Uterosacral Ligaments (USL)</i>	17
<i>The Pubovesical Ligament (PVL)</i>	17
<i>The Precervical Arc of Gilvernet</i>	18
<i>The Trigone</i>	18
2.1.5 The Muscles of the Pelvic Floor.....	18
<i>The Upper Layer of Muscles</i>	19
<i>The Middle (Connecting) Layer of Muscles</i>	20
<i>The Lower Layer of Muscles</i>	20
<i>The Special Case of The Puborectalis Muscle</i>	21
2.2 The Dynamics of Pelvic Floor Function.....	22
2.2.1 The Dynamics of the Striated Pelvic Floor Muscles	22
<i>The Dynamics of Urethral Opening and Closure – Urethral Perspective</i>	22
<i>The Dynamics of urethral Closure and Opening – Vaginal Perspective</i>	24
2.2.2 Pelvic Floor Dynamics - The 'Mechanical' Dimension	25
<i>Resting Closed</i>	25
<i>Closure During Effort</i>	26
<i>Urethral Opening by External Striated Muscle Forces During Micturition</i>	27

2.2.3 Pelvic floor dynamics - the neurological dimension	28
<i>Urethral closure</i>	28
<i>Urethral Opening (Micturition)</i>	28
<i>The Role of Connective Tissue Tension in the Peripheral Neurological Control Mechanism for Micturition</i>	29
2.3 The Role of Connective Tissue in Pelvic Floor Function and Dysfunction.....	31
2.3.1 The Biomechanics of the Vagina	32
<i>The Effect of Pregnancy Hormones on Connective Tissue</i>	33
<i>The Effect of Age on Connective Tissue</i>	33
<i>The Role of Connective Tissue in Transmitting Muscle Forces – The Sail Analogy</i>	33
<i>The Positive Effect of Uterine Conservation in Preserving Ligament Integrity</i>	34
2.3.2 The Role of Connective Tissue in the Maintenance of Form (Structure) and Function ..	34
<i>The Causes of Damaged Connective Tissue</i>	35
<i>Structural Effects of Damaged Connective Tissue</i>	35
<i>Lax Connective Tissue and Diminution of the Force of Muscle Contraction</i>	36
2.3.3 The Role of Connective Tissue in Balance and Imbalance of Pelvic Muscle Forces – Effects on Micturition and Closure	37
<i>Closure at Rest and Effort</i>	37
<i>Normal Micturition – A Controlled Temporary Unbalancing of the Closure System</i>	38
<i>The Role of Damaged Connective Tissue in Incontinence Causation</i>	39
<i>Symptomatic Manifestations of Imbalance Caused by Damaged Connective Tissue</i>	41
2.3.4 The Role of Connective Tissue in Anorectal Opening, Closure and ‘Idiopathic’ Faecal Incontinence	42
<i>Existing Concepts for Anorectal Closure, Opening, and Faecal Incontinence</i>	43
<i>Anorectal Function According to the Integral Theory</i>	43
<i>Connective Tissue Laxity and Anorectal Dysfunction</i>	45
<i>The Role of Striated Muscle in Faecal Incontinence (FI)</i>	46
‘Constipation’.....	46
<i>Dislocation of Anal Mucosa</i>	47
2.4 Summary Chapter 2	47
Chapter 3 – Diagnosis of Connective Tissue Damage	48
3.1 The Integral Theory Diagnostic System: Overview	48
3.2 The Integral Theory Diagnostic System	51
3.2.1 The Clinical Assessment Pathway.....	51
3.2.2 The Structured Assessment Pathway.....	51
<i>Introduction</i>	51
<i>Phase One: Data Collection and Correlation</i>	54
<i>Phase Two: Data Analysis</i>	59
<i>Phase Three: Verification Using ‘Simulated Operations’</i>	60
<i>Deciding which Structural Defects to Repair Surgically in ‘Difficult’ Cases</i>	63
3.3 Working with Symptoms in the Integral Theory Diagnostic System	63
3.3.1 The Reliability of symptoms.....	63
3.3.2 The Variability of Symptoms in Patients with Similar Anatomical Defects.....	63
3.3.3 Assessing Probability: The Impact of Different Structures on the Variability of Incontinence Symptoms.....	65
3.3.4 The Anatomical Basis for the Diagnostic Summary Sheet	67
<i>Anterior Zone Defect Symptoms</i>	67
<i>Middle zone defect symptoms</i>	68
<i>Posterior zone defect symptoms</i>	68
<i>Diagnosing Causes of Symptom Recurrence after Surgery</i>	69
3.3.5 An Anatomical Basis For ICS Definitions and Descriptions.....	70
<i>The Role of the Peripheral Neurological Control Mechanism in the ‘Unstable Open’ State</i>	71
<i>Motor Urgency (Anterior, Middle & Posterior Zones)</i>	72
<i>Nocturia – Posterior Defect</i>	72
<i>Sensory Urgency (Posterior, Middle, Anterior Zone Defects)</i>	73

<i>Unconscious Incontinence, Continuous Leakage (Anterior, Posterior Zone Defects)</i>	73
<i>Detrusor Instability (Posterior, Anterior, Middle Zone Defects)</i>	73
<i>Unstable Urethra (Posterior, Anterior, Middle Zone Damage)</i>	74
<i>Inability to Micturate with Neurological Damage</i>	74
<i>Change of Compliance (posterior, anterior, middle zone defects)</i>	74
<i>Bladder Sensation (Posterior, Anterior, Middle Zone Defects)</i>	74
<i>Bladder Capacity</i>	74
<i>Urethral Function During Storage (Anterior, Posterior Zone Defects)</i>	74
<i>Genuine Stress Incontinence (Anterior, Posterior Zone Defects)</i>	75
<i>Cough Activated Detrusor Instability</i>	75
<i>Reflex Incontinence</i>	75
<i>Detrusor Acontractility, Underactivity, Overflow Incontinence, Post-Micturition Dribble</i> <i>(Posterior, Middle Zone Defects)</i>	76
<i>Detrusor/Bladder Neck dyssynergia (Anterior, Posterior Zone Defects)</i>	76
3.4 Summary Chapter 3	76
Chapter 4 – Reconstructive Pelvic Floor Surgery According to the Integral Theory	77
4.1 Introduction.....	77
4.2 The Conceptual Basis of Minimally Invasive Reconstructive Pelvic Floor Surgery	78
4.2.1 The Indications: Major Symptoms with Minor Degrees of Prolapse.....	78
4.2.2 The Tissues: Conservation and Reinforcement of Tissue	78
<i>The Impact of Vaginal Structure on Surgical Technique</i>	79
<i>The Impact of Ligament Structure on Surgical Technique</i>	79
<i>The Impact of wound Healing on Surgical Technique</i>	79
4.2.3 The Structure: The Synergistic Action of Connective Tissue Components.....	81
4.2.4 The Methods: Avoidance of Post-Operative Pain and Urinary Retention	81
<i>Guiding Principles for Day-Care Vaginal Surgery</i>	81
4.2.5 The Tools: Reinforcement of Damaged Collagenous Tissues	82
4.3 Surgical Practice According to the Integral Theory	84
4.3.1 Introduction	84
4.3.2 Creation of Artificial Neo-Ligaments.....	84
4.3.3 Tape Insertion.....	87
<i>'Tension-Free' Surgery</i>	87
<i>A Tissue Fixation System</i>	88
4.3.4 The Impact of Surgical Technique: Tissue Weakness and Scar Tissue	89
<i>Tape Obstruction and Erosion of the Urethra</i>	90
<i>Tape Erosion in the Vagina</i>	90
<i>Tape 'Slippage'</i>	92
4.3.5 Specific Problems Encountered in Day-Care Pelvic Floor Surgery	92
<i>Primary Haemorrhage</i>	92
<i>Adequate Fluid Replacement</i>	93
<i>Preoperative Antibiotics</i>	93
<i>Post-Operative Instructions</i>	93
<i>Post-Operative Follow-Up</i>	93
<i>Local Anaesthetic Sedation Technique</i>	93
<i>Longer-Term Complications</i>	94
4.4 Surgery of the Anterior Zone.....	95
4.4.1 The Structures of the Anterior Zone.....	95
4.4.2 The Indications for Surgery in the Anterior Zone.....	96
<i>Structural</i>	96
<i>Functional</i>	96
4.4.3 The Methods: Strengthening a Weakened Pubourethral Ligament with a Tape	97
<i>Rationale for Repairing External Urethral Ligament (Eul) and Hammock</i>	97
<i>Surgical Technique for Repair of the Anterior Zone Anatomy</i>	97
<i>Potential Intra-Operative Problems of the Suburethral 'Tension-Free' Tape Slings</i>	102
4.4.4 Testing for Continence at the End of Midurethral Tape Operations	103

4.5 Surgery of the Middle Zone	104
4.5.1 The Structures of the Middle Zone	104
<i>Damage to Fascia may Cause a Central Defect</i>	106
4.5.2 The Indications for Surgery in the Middle Zone	108
<i>Structural</i>	108
<i>Functional</i>	108
4.5.3 The Methods - Surgical Repair of the Middle Zone	108
<i>Surgical Options</i>	108
4.5.4 Middle Zone Tightness - The Special Case of the Tethered Vagina Syndrome	116
<i>Zone of Critical Elasticity (ZCE)</i>	116
<i>Pathogeneses of the Tethered Vagina Syndrome</i>	116
<i>The Surgical Restoration of Elasticity to the Bladder Neck Area of the Vagina</i>	118
4.6 Surgery of the Posterior Zone	122
4.6.1 The Structures of the Posterior Zone	122
<i>The Fibromuscular Supports of the Vagina</i>	122
4.6.2 Indications for Posterior Zone Surgery: Damage to the Uterosacral Ligaments	128
<i>Structural</i>	128
<i>Functional</i>	128
4.6.3 The Methods - Surgical Repair of the Posterior Zone	128
<i>Posterior IVS Operation for Vaginal Vault Prolapse ('Infracoccygeal Sacropexy') - Level 1 Repair</i>	128
<i>Posterior IVS Repair of Uterine Prolapse</i>	131
<i>Posterior IVS with Apical Defect Repair (enterocele) (Level 1 Repair)</i>	132
<i>Restoration of Posterior Zone Anatomy with a Tissue Fixation System</i>	133
<i>Rectovaginal Fascia Repair (Level 2 Repair)</i>	134
<i>Perineal Body Repair (Level 3 Repair)</i>	135
4.6.4 Potential Complications of Posterior Zone Repair	136
<i>Risk of Rectal Perforation During Vaginal Repair</i>	136
<i>Haematoma</i>	136
<i>Rectal perforation by the tunneller</i>	136
<i>Tape Erosion with Polypropylene Tapes</i>	136
<i>Immunological Rejection with Polypropylene Tapes</i>	136
<i>Retention Cyst following Bridge Repair</i>	137
4.7 Summary Chapter 4	137
Chapter 5 – Pelvic Floor Rehabilitation	138
5.1 Introduction	138
5.2 The Integral Theory System for Pelvic Floor Rehabilitation	139
5.2.1 Indications	139
5.2.2 Design	140
<i>First Visit</i>	140
<i>Second Visit</i>	140
<i>Third Visit</i>	140
<i>Maintenance PFR</i>	141
<i>Comments</i>	141
5.2.3 Conclusions	142
5.3 Summary Chapter 5	142
Chapter 6 – Mapping the Dynamics of Connective Tissue Dysfunction	143
6.1 Mapping Function and Dysfunction of the Pelvic Floor	143
6.1.1 Urodynamics - An Anatomical Perspective	144
<i>The Basis of Urodynamics: Urethral Resistance</i>	144
<i>The Anatomical Basis of Urodynamic Measurement</i>	145
<i>Urethral Resistance and the Pressure-Flow Relationship</i>	146
<i>The Dynamics of Urethral Pressure Changes</i>	147
<i>Urethral Pressure</i>	148
<i>The Urodynamics of Micturition</i>	150

<i>Urodynamic Bladder Instability – Premature Activation of the Micturition Reflex</i>	151
<i>Voluntary Control of the Micturition Reflex</i>	152
<i>Normal Micturition and ‘After Contraction’ - A Sign of Normal Tissue Elasticity</i>	154
‘ <i>Outflow Obstruction</i> ’	155
<i>Limitations of Existing Tests: The Need for a Finite Element Model for urodynamics</i>	155
6.1.2 The Chaos Theory Framework – Its Impact on the Understanding of Bladder Control and Urodynamic Charting	156
<i>Fractals</i>	156
<i>Extreme Sensitivity to Initial Conditions (The ‘Butterfly Effect’)</i>	156
6.1.2 A Non-Linear Perspective of the Neurological Control of the Micturition Reflex.....	158
<i>Normal Function</i>	158
<i>Dysfunction</i>	159
<i>Bladder Instability - A Struggle between the opening (O) and Closure (C) Reflexes</i>	159
<i>Mathematical Testing of Feedback Control of the Micturition Reflex</i>	161
<i>Example of Iterations of a Simple Feedback Equation</i>	162
6.1.3 Transperineal Ultrasound	163
<i>Ultrasound Assessment of the Anterior Zone</i>	164
<i>Ultrasound Assessment of the Middle Zone</i>	164
<i>Ultrasound Assessment of the Posterior Zone</i>	166
6.1.4 The Role of X-rays in the Diagnosis of Ligamentous and Connective Tissue Defects....	167
<i>Anterior Zone X-rays</i>	167
<i>Middle and Posterior Zone X-rays</i>	168
<i>Abnormal Middle and Posterior Zone Anatomy X-rays</i>	169
6.2.4 Dynamic Mapping with ‘Simulated Operations’: A Clinical Example.....	169
<i>Background to the Clinical Example</i>	169
<i>The Intervention - ‘Simulated Operation’</i>	170
<i>The Post-Intervention Results – Anchoring One Structure at a Time</i>	171
<i>Post intervention Results – Two Structures Anchored Simultaneously</i>	171
<i>Comment</i>	172
<i>Conclusion</i>	175
6.3 Summary Chapter 6	175
Chapter 7 – Current and Emerging Research Issues	176
7.1 Introduction.....	176
7.2 Improvements in the Diagnostic Decision Path	177
7.3 The Integral Theory Diagnosis Support System (ITDS)	178
7.4 Possible Clinical Associations	178
7.4.1 Vulvar Vestibulitis.....	178
7.4.2 Interstitial Cystitis	179
7.4.3 Unresolved Nocturnal Enuresis and Daytime Incontinence	179
7.4.3 Vesico-Ureteric Reflux	180
7.5 Faecal Incontinence.....	180
<i>The Nerve-Damage and Connective Tissue Hypotheses for Causation of FI in Context</i>	181
<i>Study No. 1 - Observational Videomyogram Data During Anorectal Closure and Defaecation</i> ..	182
<i>Study No. 2 - Prevention of Cough Stress FI with Midurethral Anchoring (A Case Report)</i> ..	186
<i>Study No. 3 - The Role of the Levator Plate in Anorectal Closure</i>	186
<i>Study No. 4 - The Role of the Internal Anal Sphincter in the Causation of Faecal Incontinence</i> ..	187
<i>Study No. 5 - Paradoxical Contraction of the Puborectalis Muscle</i>	188
<i>Study No. 6 - Pelvic Ligament Reconstruction and Cure of Faecal Incontinence without Changes in Anal Pressure or Pudendal Nerve Conduction Times</i>	189
Chapter 8 – Conclusion	191
Appendix 1 – Patient Questionnaire and Other Diagnostic Resource Tools.....	193
Patient Questionnaire	194
<i>Quality of life grading</i>	196
<i>Explanatory Code for Physicians</i>	197
<i>Comprehensive 24 Hour Urinary Diary</i>	198

<i>Pad Test Methodology Explanatory Notes</i>	199
<i>'Objective' Tests</i>	199
<i>Pad tests</i>	199
Appendix 2 – References and Further Reading	200
<i>Chapter 2: Further Reading</i>	202
<i>Chapter 3: Further Reading</i>	204
<i>Chapter 4: Further Reading</i>	206
<i>Chapter 6: Further Reading</i>	210
<i>Chapter 7: Further Reading</i>	211
Index	212