Physiotherapy in children with functional constipation?

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***Introduction*:** Functional constipation in children who did not adequately respond to laxative treatment is a problem that significantly affects the quality of their life. Interferential current stimulation (IFS) has recently been mentioned as an adjuvant therapy in order to boost the effect of conventional treatment. The aim of our study is to examine the potential effect of IFS in children with functional constipation who partially responded to laxative treatment.

***Methods*:** A prospective study was conducted at the pediatric physiatry department at the Institute for Children's Diseases of the Clinical Hospital Center of Montenegro in 24 children who, despite long-term laxative treatment, had less than 3 bowel movements per week. IFS was applied daily for two weeks, without interruption of laxative therapy. Patients filled in a defecation diary (number of defecations/week, consistency, pain during defecation) before starting the treatment, after the treatment itself and 4 weeks after the end of the treatment.

***Results**:* After IFS treatment, 18/24 children improved their defecation frequency (median 4.2 defecations/week vs 2.6 defecations before treatment). 14/18 children after 4 weeks reduced the pattern of frequency of defecation (median 2.8 defecations/week). The effect of IFS was not significant on stool consistency and pain during defecation.

***Conclusion*:** IFS treatment in children with functional constipation had an effect on the frequency of defecation during the treatment itself, with a significantly reduced effect after a 4-week follow-up. Studies on a larger number of subjects are necessary, as well as an examination of the effect with repeated IFS treatments.

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