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**IMPROVING CLINICAL OUTCOMES THROUGH OPTIMIZATION OF  
POSTOPERATIVE REHABILITATION PROTOCOLS AFTER MYOMECTOMY**

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**Background:**

Postoperative rehabilitation after myomectomy is a key determinant of functional recovery, pain control, and length of hospital stay. Optimization of rehabilitation protocols using early mobilization and targeted physiotherapeutic interventions may improve clinical outcomes; however, quantitative evidence remains limited.

**Objective:**

To evaluate the impact of optimized postoperative rehabilitation protocols on early clinical outcomes in patients after myomectomy.

**Materials and Methods:**

A prospective comparative study included 70 patients after myomectomy, divided into an optimized rehabilitation group (n=35) and a standard care group (n=35). The optimized protocol consisted of early mobilization, structured therapeutic exercises focused on abdominal and pelvic floor muscles, breathing exercises, and neuromuscular electrical stimulation, in addition to standard postoperative management. Outcome measures included pain intensity (VAS), time to restoration of bowel function, functional activity score, and length of hospital stay. Data are presented as mean  $\pm$  SD. Statistical analysis was performed using Student's t-test.

**Results:**

On postoperative day 4, pain intensity was significantly lower in the optimized rehabilitation group compared to controls ( $3.0 \pm 0.7$  vs  $4.3 \pm 0.9$  points,  $p < 0.001$ ). Time to restoration of bowel function was shorter ( $38.6 \pm 9.1$  h vs  $54.2 \pm 11.3$  h,  $p < 0.01$ ). Functional activity scores were higher in the optimized group ( $79.4 \pm 6.5$  vs  $68.9 \pm 7.4$  points,  $p < 0.01$ ). Length of hospital stay was significantly reduced ( $5.3 \pm 1.2$  days vs  $7.2 \pm 1.6$  days,  $p < 0.001$ ). No increase in postoperative complications was observed.

**Conclusion:**

Optimization of postoperative rehabilitation protocols after myomectomy significantly improves early clinical outcomes, reduces pain, accelerates functional recovery, and shortens hospitalization. These findings support the implementation of optimized rehabilitation strategies in routine postoperative care.

**Keywords:** myomectomy; postoperative rehabilitation; protocol optimization; functional recovery; clinical outcomes.

