EFFECT OF KEGEL EXERCISES ON THE FUNCTION AND STRUCTURE OF PELVIC FLOOR MUSCLES IN CASES OF STRESS URINARY INCONTINENCE

Thesis

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Abstract

The purpose of this study was conducted to determine the influence of kegel exercises on the function and structure of pelvic floor muscles in cases of stress urinary incontinence (SUI). This study was carried out on 15 ladies, their age ranged from 35-45 years old, and they were diagnosed as having SUI, through static and dynamic MRI. The patients were participated in a program of pelvic floor muscle training to strengthen the pelvic floor muscles by using perineometer, three sessions per week for three months, in addition to pelvic floor muscle training as a home routine. By the end of the three months all patients recommended great improvement or complete recovery and absence of urine loss when coughing or straining. The amount of urine loss was improved by 54%, while the frequency of incontinence improved by 65%, resulting in improving of the severity of incontinence by 77.09%. Perineometer recoded a highly significant increase in vaginal pressure by 57.9%. Also muscles strength was a highly significant increase by 75.45% and the patients could perfectly contract their muscles and avoid urine loss when coughing or laughing. MRI reported a significant improvement in dynamic assessment in levator plate angle, width of levator plate and iliococcygeus angle, while static MRI reported no significant improvement. So, it could be concluded that Kegle exercises has a great effects on improving efficiency of pelvic floor musculature and decreasing frequency, amount and severity of urinary incontinence and these effects are objectively proven by MRI.

Keywords: Stress Urinary Incontinence**,** MRI**,** Perineometer, Pelvic floor, Kegel exercises.