



Impact of kegels exercise on reducing post partum stress urinary incontinence

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Abstract:

Introduction: There is good evidence that vaginal delivery can be associated with damage to the innervations of the pelvic floor as well as direct trauma to levator ani muscle and endo-pelvic fascia. This may result in the development of genuine stress incontinence. Postpartum stress incontinence can occur in up to 34% of women. Aim of the study was to assess the effect of postpartum women's training with reinforcement of pelvic floor muscles exercise on reduction and improvement of postpartum stress urinary incontinence

Keywords:

Pelvic floor exercises; Postpartum; Stress urinary incontinence

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