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Lifestyle and Exercise Program for women with Urinary Leakage

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Protocol status: Working

We use this protocol and it's working

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Keywords: Community-Based Rehabilitation (CBR), Stress Urinary Incontinence, Pelvic Floor Muscle Training (PFMT), Lifestyle Modification, Randomized Controlled Trial (RCT), Women's Health, Quality of Life, perineometer, stress urinary incontinence, significant improvements in urinary continence, pelvic floor muscle training in women, exercise program for women, urinary leakage, pelvic floor muscle training, urinary continence, exercise program, lifestyle modification, based rehabilitation, incorporating lifestyle modification, cbr, intervention group, lifestyle, controlled trial, effectiveness

Abstract

This randomized controlled trial evaluates the effectiveness of a Community-Based Rehabilitation (CBR) program incorporating lifestyle modification and pelvic floor muscle training in women with stress urinary incontinence. The result is expected that the intervention group will exhibit significant improvements in urinary continence, functional outcomes, and quality of life when compared with the control group.

Attachments



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208KB



intervention of rese...
22KB

Materials

Perineometer:

A perineometer is a pressure-sensitive device that is used to objectively measure pelvic floor muscle strength and endurance. It provides reliable quantitative feedback during pelvic floor training in women with stress urinary incontinence.

Pad Test:

The pad test is a simple, non-invasive method to assess the severity of urinary leakage by weighing absorbent pads before and after a specified physical activity or time period, offering a standardized outcome measure for incontinence research.

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