



The effect of eight weeks of Pilates training on urinary incontinence in the third trimester of pregnancy in women aged 20 to 30 years

Poster Presentation

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Abstract

Introduction: Pregnancy is one of the most sensitive periods in women's lives and is essential for mood disorders and anxiety. This study aimed to determine the effect of eight weeks of Pilates training on urinary incontinence in the third trimester of pregnancy in women aged 20 to 30 years.

Methods: The present study population included all pregnant women aged 20 to 30 years who were referred to medical clinics in Ardabil. After obtaining the consent and purposeful selection of 30 people eligible to enter the study, the subjects were randomly divided into training and control groups. Subjects were identified before the end of the fourth month. The training was performed from the first week of the fifth month of pregnancy to the end of the last week of the sixth month of pregnancy for eight weeks. The post-test was similar to the pre-test in two rounds, 48 hours and four weeks after the end of the protocol. The ICIQ-CF urinary incontinence questionnaire was used to diagnose urinary incontinence during the study. Data were analyzed using repeated measures using spss24 at the significance level of $p < 0.05$.

Results: The results showed that time and group effects were significant in all variables related to urinary incontinence. The results showed a significant difference between the pre-test and the first post-test and between the training group's first post-test and second post-test. There is a considerable difference between the control and training groups in the first and second post-test.

Conclusion: In conclusion, pelvic muscles training had a significant effect on reducing the frequency of nocturnal urination and urinary incontinence and a considerable increase in the strength and endurance of muscles. Therefore, it seems that exercise, especially Pilates, can have significant benefits, especially in controlling urinary incontinence.

Keywords

Pilates; Pregnant women; Urinary incontinence

Reference:

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