



# PELVIC FLOOR MUSCLE EXERCISE VIA MOBILE APPLICATIONS IN MANAGING URINARY INCONTINENCE: A REVIEW.



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## INTRODUCTION

- Pelvic floor muscle exercise has been proven effective in the management of urinary incontinence.
- The technique of performing the exercise is taught through various medium such as in formal classes, group exercise, internet and mobile applications.
- The purpose of this review is to search current evidence on the effects of pelvic floor exercise taught through mobile applications on the urinary incontinence.

## METHODOLOGY

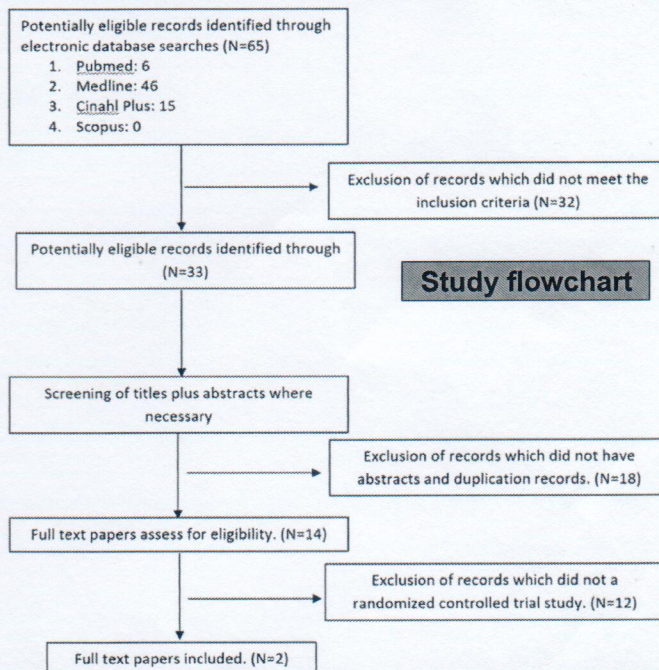
- Search strategy: Articles published in English from 2000 – 2019 were searched using PubMed and Medline.
- The search terms were “pelvic floor muscle exercise”, “pelvic floor muscle training”, “pelvic floor exercise”, “Kegel exercise”, AND “urinary incontinence” AND “mobile applications”, “apps”, “mobile apps”.
- Selection criteria: Randomized controlled trials using mobile applications as an intervention on women suffering from urinary incontinence were included. Data collection and analysis: Baseline and outcome data of urinary incontinence were compared between mobile apps and control group.

## DISCUSSION

- Mobile applications has proven its effectiveness in managing urinary incontinence.
- Correct techniques of Kegel’s exercise can be performed without attending to physiotherapy session.
- Adherence and awareness are very important to motivate patient to perform the Kegel’s exercise.
- Using mobile application can increase the adherence leading to reducing the incontinence score.

## RESULTS

- Both trials showed mobile application use had significantly improved urinary incontinence and improving exercise adherence.
- One of the studies that involved 62 women showed that with the use of mobile application had reduced incontinence score by 3.9 from baseline compared to the control of only 0.9 score ( $p < 0.001$ ).



## CONCLUSION

- Mobile application has a promising role as an intervention in managing urinary incontinence.
- This can be suggested for future mode in delivering pelvic floor muscle exercise among pregnant women population group as pregnancy has high risk of urinary incontinence.

### REFERENCES

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