

## Evaluation of Effect of Kegel Exercise for the Management of Stress Incontinence in Women of Gujrat, India

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### Abstract

**Background:** Stress Urinary Incontinence (SUI) affects the quality of life of at least one third of women globally. This problem is more common in India, where women usually do not seek treatment for their reproductive health problems and do not vocalize their symptoms. Kegel exercise is said to be effective for the management of SUI. Hence it was tried to see the effects of this method in the population of Gujrat, India. **Methods:** A total of 60 females having Stress Incontinence were included in the study and given Kegel exercises for one month and compared with pretreatment status. **Results:** Statistically significant improvement was observed in comparison to pretreatment cases after Kegel exercise in Perineometry power. **Conclusion:** It can be concluded that Kegel exercise is effective for controlling SUI in the study population.