

## Role of Interferential Therapy along with Pelvic Floor Exercises in the Management of Stress Incontinence

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### Abstract

**Background:** Stress Urinary Incontinence (SUI) is one of the uncomfortable problems of women. Interferential Therapy with Pelvic floor exercise (Kegel exercise) is said to be effective for the management of SUI. Hence it was tried to see the effects of this method in women of Gujrat, India. **Methods:** A total of 60 females having Stress Incontinence were treated with Kegel exercises along with Interferential Therapy for one month and compared with pretreatment status. **Results:** Statistically significant improvement was observed in comparison to pretreatment cases after Interferential Therapy with Kegel exercise in Perineometry power. **Conclusion:** It can be concluded that Interferential Therapy with Kegel exercise is effective for controlling SUI in the study population.