

Urinary Incontinence and Pelvic Floor Strengthening Education in Collegiate Dancers

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The purpose of this pilot study was to test the efficacy of an educational exercise program for treatment of stress urinary incontinence (SUI). Participants completed a pre-survey to determine the presence and severity of SUI and quality of life. The researchers examined subjects' ability to perform a Kegel, educated on how to perform the exercise correctly, and prescribed a daily home exercise program. The participants were re-tested, re-educated, and completed a post-survey at four and eight weeks. Over an 8-week period subjects that were able to perform an isolated contraction increased from 14% to 71%. The number of subjects who reported SUI decreased from 71% to 29%. The study found that there was a decrease in frequency of SUI at both 4 and 8 week follow-ups. These results may lead to future research and the development of a preventative exercise program to provide to young females.