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Review of literature on the role proprioception deficits in stress urinary incontinence

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Urinary Incontinence (UI) is more common than any other chronic disease. The prevalence of UI is between 9 and 74%. Among the various forms of UI, Stress Urinary Incontinence (SUI) is the most prevalent (50%). Studies have shown that postural activity of the pelvic floor muscle PFMs is delayed during rapid arm movements in women with SUI and they have decreased balance ability compared to continent women. Increased activity of the PF and trunk muscles in women with SUI may impair balance as a result of a reduced contribution of trunk movement to postural correction or compromised proprioceptive acuity. The aim of this study is investigating whether the proprioception matters in SUI or not. Totally 30 articles from different databases have been reviewed. Mechanoreceptors are present in the joint capsule, ligament, muscle and skin; contribute to a complex reflex system; that acts to control posture and coordination. Timing is known as an important function of motor coordination and it is affected by proprioception as well. Proprioception has demonstrated profound effects on timing, muscle coordination, balance and postural activities which is impaired in women with SUI. Studies claimed that Pelvic Floor Muscle (PFM) training; vibration training and electrical stimulation have positive effects on SUI by improving proprioception that results in improve muscle coordination. Not only is the strength of the Pelvic Floor Muscle (PFM) but also the timing of contraction of PFM playing an important role in maintaining continence. Further research is needed to evaluate the proprioception of Pelvic Floor Muscle (PFM) in women with SUI as a matter of incontinence.

Biography

Ghazal Kharaji is pursuing her MSc degree in Physical Therapy, Department of Physical Therapy at Iran University of Medical Sciences, Tehran, Iran. She has worked in pelvic floor physiotherapy for more than two years. She is working in Iran University of Medical Sciences (IUMS) in Physical Therapy Clinic. She is interested in pelvic floor dysfunction physiotherapy.

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