

# Effect of Pilates Training on Urinary Incontinence and Quality of Life among Postmenopausal Women

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## Abstract

*Introduction:* Urinary incontinence is an unpleasant and common crisis for the majority of women, especially in postmenopausal women. Weak pelvic floor muscles are primarily responsible for urinary incontinence. With a robust methodology, this study was conducted to check the effectiveness of pilates training on urinary incontinence and its impact on quality of life.

*Methods:* A group of 10 participants between the ages of 45 and 60, all with a history of urinary incontinence, were carefully selected. They underwent a structured Pilates training program for 6 weeks. The impact of this training on urinary incontinence and quality of life was assessed using standardised questionnaires before and after the treatment.

*Results:* The results were statistically analyzed with a paired 't' test at a 5% significance level. The pre-test and post-test values of the (ICIQ) and (PIFQ) were analyzed. For (ICIQ), The table t value is 2.26, and the calculated 't' value is 6.01. The null hypothesis was rejected since the calculated 't' value > table 't' value. Hence, Pilates training significantly affected urinary incontinence when assessed with an international consultation on incontinence questionnaire. For (PIFQ), the table 't' value was 2.26, and the calculated 't' value was 7.01. The null hypothesis is rejected since the calculated 't' value > table 't' value. Pilates training significantly affected urinary incontinence when assessing the quality of life.

*Conclusion:* Thus, the study concluded that Pilates training can effectively reduce urinary incontinence and improve the quality of life in postmenopausal women.