Role of Kegel’s Exercises in the Management of Cystocele

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Abstract

Background and Purpose: Pelvic floor dysfunction is a common disorder predominantly affecting females that usually results in a cystocele. It undermines the quality of life of at least one-third adult women and a growing component that affects women’s health all over the world. Identifying and resolving these problems are considered major concerns in the field of public health. The purpose of this study was to determine how Kegel’s and postural correction exercises help in the management of cystocele (Prolapsed bladder). In addition, how these exercises were helpful to improve patient characteristics such as Urinary Incontinence, Pelvic heaviness presenting backache, Quality of life and sexual discomfort during intercourse.

Methods: A Randomized control trail (RCT) with fifty sample size was conducted in the Department of Rehabilitation, Shifa International Hospital, Islamabad. Two groups (experimental Group and Control Group) were made and 25 subjects were included in each group. Subjects were evaluated and treated according to the SOAP method. Back strengthening and postural correction exercises were introduced to the control group. On the other hand Kegel’s and postural correction exercises were introduced to the experimental group. Data analysis was carried out by using SPSS 17 software. T test was used to see the effectiveness of Kegel’s exercises in Cystocele. P-value <0.05 was taken as significant value.

Results: It was observed that 60% of the subjects responded well to Kegel’s and postural correction exercises. On the other hand 40% subjects responded to the back strengthening and postural exercises. Data was found statistically significant.

Conclusion: Kegel’s exercises were found effective in patients, who were diagnosed with Grade I and II Cystocele.

Key Words: Kegel’s Exercises, Cystocele, Urinary Incontinence, Backache, Sexual discomforts.

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