

**Kal Kaymaz, Aslihan, 2017 Abstract**

## **Kegel Exercise And EMG Biofeedback In Treating SUI**

### **Objective**

The study looked at the effectiveness of Kegel exercises combined with electromyography (EMG) biofeedback in treating patients with stress urinary incontinence (SUI).

### **Results**

The study showed that Kegel exercises and EMG biofeedback neuromodulation application (**NeuroTrac MyoPlus4 Pro**) combined were statistically significant in treating SUI.

### **Participants and Researchers**

The study involved 60 patients with stress urinary incontinence.

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**Methods**  
Half of the patients received biofeedback treatment for 12 weeks; the other half received Kegel exercises and biofeedback therapy. The **NeuroTrac MyoPlus4 Pro** device (Verity Medical) was used for the EMG and biofeedback.

This abstract can be found at

<https://acikerisim.sakarya.edu.tr/handle/20.500.12619/98009> (in Turkish)