

## ENSharma, Kiran 2024 Abstract

### Dynamic Neuromuscular Stabilization Exercises For SUI In Women

#### Objective

The study aimed to evaluate the efficacy of dynamic neuromuscular stabilization (DNS) compared to traditional Kegel exercises in females with stress urinary incontinence (SUI). Using **electromyography (EMG)** feedback, it focussed on assessing the impact of DNS on pelvic floor muscle (PFM) strength and core musculature activation to provide valuable insights into urinary continence management.

#### Results

Significant improvements in pelvic floor strength and core musculature activation were observed in the DNS group compared to the Kegel exercise group. Perineometer values, **EMG** measurements, and pressure **biofeedback** unit readings demonstrated substantial enhancements post-intervention in both groups.

#### Participants and Researchers

The research comprised 90 females aged 18-40 years. All the participants were diagnosed by a gynaecologist.

The researchers were *Kiran Sharma* and *Meena Gupta*, Physiotherapy, Amity Institute of Health Allied Sciences, Amity University, Noida, India, and *Raju K. Parasher*, Physiotherapy, Venkateshwar Hospital, University of Delhi, New Delhi, India.

#### Methods

The participants were divided into two groups: The dynamic neuromuscular stabilization (DNS) group and the control group (Kegel exercise group), each comprising 45 individuals.

Baseline measurements, encompassing PFM strength (perineometer), **EMG** of pelvic floor muscles, and transvers abdominis activation (pressure feedback) were conducted. These measurements were repeated after a 12-week intervention period.

The **NeuroTrac MyoPlus2** device (Verity Medical) was utilized to collect **electromyography** and **biofeedback** data.

The full abstract can be found at <https://pubmed.ncbi.nlm.nih.gov/38846252/>.