



**RESEARCH:** Effect on muscles of mechanical vibrations in combination with physical therapy in treating female stress urinary incontinence.\*

**METHODS:** Mechanical oscillations with an average cycle length of about 40 msec, which induces a natural monosynaptic stretching reflex in the respective muscle. The neuromuscular system reacts to this stimulation by a chain of rapid muscle contractions.

Weekly training comprised 2 training units with physical therapy of 30 min duration and vibration training of 2 x 4 min. The total length of training was 24 weeks and was followed by a 12-week follow-up period.

**RESULTS:** Muscle stimulation by vibration training improves subjective & objective parameters of stress urinary incontinence. The combination of vibration training & physical therapy turned out to be highly effective & thus represents a genuine therapeutic option for patients with stress urinary incontinence.

Up to 35% of women over the age of 60 experience urinary incontinence. Younger women who have had several pregnancies can also experience frequent incontinence.

Whole Body Vibration (WBV) is shown to be an effective way to strengthen the muscles that prevent leakage. Muscles are strengthened involuntarily as the vibration elicits an automatic response.

A combination of vibration training & physical therapy is a highly effective therapeutic option for patients with stress urinary incontinence.

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