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## PELVIC FLOOR EXERCISES FOR A WOMAN WITH STRESS URINARY INCONTINENCE: CASE STUDY

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### ABSTRACT

Urinary incontinence (UI), the complaint of any involuntary leakage of urine is a disorder that affects women far more frequently than men. This case study shows a woman aged 48 diagnosed with stress UI. She experienced up to three episodes of incontinence per day and required the use of sanitary pads. Symptoms of urgency and frequency up to nine times per day were also reported. Symptoms worsened after each effort. Pelvic floor exercises are recommended to the woman for a period of 3 months. After 12 weeks the patient reported improvement of stress incontinence symptoms and reduction in incontinent episodes. This treatment isn't very recognized in Albania.

**Key words:** Urinary Incontinence, Pelvic Floor Muscle Exercise, Pelvic floor