

# Effect of Special Kinetics Exercises Pelvic Floor and Bladder Muscles for the Treatment of Urinary Incontinence for the Elderly (60-70) Years

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**Abstract---** *A common phenomenon for the elderly is incontinence, which affects both men and women. There has been a long-held belief that no one can do much to reduce or eliminate its effects, but this is no longer true. Significant progress has been made in the treatment of urinary incontinence. New drugs that reduce the signs and symptoms of incontinence are available. Some habits reduce the factors affecting this phenomenon. A number of ideas have emerged to suggest that motor therapy through pelvic floor and bladder exercises significantly contributes to the elimination of this phenomenon, which is, of course, better than chemotherapy or surgical intervention. The aim of this study was to investigate the effect of bladder and pelvic floor muscles for the treatment of urinary incontinence for the elderly (60-70) years. The researchers believe that the motor treatment of the bladder and pelvic floor give good results and contribute to the improvement of the level of health of the injured and develop for the elderly the ability to cope with these psychological stress due to the need to work to get rid of them by self-will of the injured and healthy ways contribute to get rid of this phenomenon. Two groups of elderly males aged (60-70) years were selected. Kinetic exercises were carefully and carefully examined. Clinical examination of the injured was carried out by the specialist in the nursing home in Diwaniya governorate. The results showed an improvement in health status and a clear reduction in the incontinence phenomenon for the elderly due to the use of bladder and pelvic floor exercises.*

**Keywords---** *Kinetics Exercises, Bladder Muscles and Treatment.*

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## I. INTRODUCTION

The phenomenon of incontinence for the elderly of the most common phenomena among different layers of society and this phenomenon has a significant impact on the psyche of the patient and affects women and men of different ages to the most frequent when a person reaches the age of seventy and beyond. Perhaps the most prominent reasons that cause this disease is the muscle of the prostate, a voluntary muscle in the human body, but a group of physiological factors describe the ability of this muscle to work well and thus occur and develop gradually to a disturbing condition to later cause a group of infections for the person infected.

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From this, the researchers wanted to focus on the performance of some of the motor exercises that must be followed by the individual to be able to control even a little about this phenomenon and the most important of these exercises is especially the pelvic floor and bladder as it contributes to improve the level of performance of the prostate muscle, even in a way that contributes to control Not to leave the amounts of urine in a way that hinders people with this phenomenon.<sup>(1)</sup>

The researcher did not find research in the field of master's education and sports sciences to determine this problem, except the use of some types of chemotherapy and surgical intervention. As for the role of treatment may be as far as the researchers know very effective in the treatment of incontinence and can give a lot of impact benefits with the presence of a doctor may help the patient in several educational ways on how to do treatment and provide him with information on exercises and help control the uses in treatment.<sup>(2)</sup>

For example, once you learn how to do pelvic floor muscle exercises or start a bladder training program your task is to follow the treatment method prescribed for you effectively and take a lot of motor therapies some time to show results, so perseverance in the exercises are useful and recall that the symptoms often improve when those who commit On the other hand, consult a physician in the event of the futility of one of the treatment methods to discover another way to benefit the patient better. Finally, the patient is advised to surround himself positively from family members and friends and note that it may seem at first sight to discuss the subject of incontinence is shameful, but it may be surprising to know how common that matter and may discover the extent of empathy for others when they are aware of the effects of this situation and the benefits arranged on Treat them for him and them.<sup>(3)</sup>

The importance of the topic is to find a range of solutions for incontinence using pelvic floor and bladder kinetics exercises for a group of elderly people (60-70 years) and thus enable them to serve this group of society in a way that increases their ability to communicate with others and increase the level of confidence in the social and psychological field. Improve their health by using these exercises.

### ***Research Objective***

The objective of this research is to investigate the effect of bladder and pelvic floor muscles on the treatment of urinary incontinence for the elderly (60-70) years.

### ***Hypothesis***

The researchers assume that there are significant differences in reducing the phenomenon of incontinence as a result of kinetics exercises special bladder and pelvic floor muscles for the elderly (60-70) years.

## **II. RESEARCH METHODOLOGY**

### ***The Research Sample***

The research sample was selected and determined intentionally by male patients suffering from urinary incontinence, based on the diagnosis of the treating physician and who did not undergo surgery and to any rehabilitation treatment program. The first group included ages (60-65) years and the second (66-70) years. An equivalent test of both samples was conducted between the study variables that may have an effect during the study.

Table 1: Shows The Arithmetic Averages, Standard Deviations and the Calculated Value between the Two Groups in Variable Length and Weight

Variable	Groups	Mean	SD	(t) value	Significance level
Length (cm)	First experimental	172.9	5.8	0.11	0.664
	Second experimental	171.8	8.3		
the weight	First experimental	66.7	10.0	0.13	0.892
	Second experimental	65.9	13.8		

The table shows that the mean values and standard deviations and their calculated value between the two groups in the variable length and weight by reviewing the calculated values and the level of significance.

#### ***Research Tools and Devices:***

1. Medical device for measuring height in cm and weight in kilograms.
2. A hall to conduct behavioral therapy sessions.
3. A special form for collecting personal data and study variables for each member of the sample.
4. A special form of the phenomenon of incontinence signed by the doctor specialized in nursing home.

#### ***Apply the Program***

After reviewing by the researchers on several studies and research related to the subject of the study as well as access to therapeutic methods that help in the elimination of this phenomenon. As well as relying on specialization in this area and the researcher built this proposed program for the phenomenon of incontinence has been presented to experts in this area to ensure the credibility of this training work and whether it contributes to solve this problem or not. The researchers have applied the rehabilitation program where the physiotherapist supervised the application of the program and took the implementation of the program for six weeks. The implementation of the training session took 45 minutes three times a week. This is done according to the following observations.<sup>(4)</sup>

#### ***Posttest Tests***

The researchers used pre- and post-measurement methods where the tests were applied at the end of the program to compare the results and divide the effectiveness of the proposed program in the treatment and rehabilitation of people with urinary incontinence.

1. Before and after the measurements were made at the same time of day.
2. The same procedures were followed in the measurement process.
3. The same tools and devices were used for all members of the sample.
4. All tests were conducted by a physiotherapist in the specialized center in the nursing home in Diwaniya.
5. The method of performing all tests was explained.

### III. RESULTS:

#### *Presentation, Analysis and Discussion of Computations, Standard Deviations and the Calculated Value of T for People with Incontinence between The Ages of 60-65 and 66-70*

Table 2: Shows The Mean, the Standard Deviations and the Calculated Value of (t) for People with Incontinence between the Ages of 60-65 and 66-70 (Pretest and Posttest)

Age group of the injured	Pretest		Posttest		Calculated Value (t)*	Significance of differences	Impact size	Impact indication
	Mean	SD	Mean	SD				
65 - 60years	63.4	4.393	59.6	4.722	10.156	Sig.	0.981	Big
70 - 66years	82.6	5.594	75.6	4.878	15.652	Sig.	0.991	Big

\* Value (t) at the significance level (0.05) and the degree of freedom (4) = (2.132)

The above table shows that the category (60-65) years in the incontinence phenomenon between the pretest and post-tests. The level of significance was significant and the size of the effect was significant, which means that the level of the first experimental sample has developed significantly in the use of Kegel exercises and follow-up exercise of the pelvic floor and bladder gradually and deliberately.

As shown from the table that the category (66-70) years in the phenomenon of incontinence between the tests before and after the significance level was significant and the size of the impact is significant, which means that the level of the second experimental sample has significantly improved in the use of Kegel exercises and follow-up exercise for the pelvic floor and bladder sequentially and thoughtfully.<sup>(5)</sup>

Perhaps the effect of this progress in reducing the incontinence phenomenon of the first and second experimental samples is the use of some exercises and focus on strengthening the pelvic floor muscles and bladder muscles as they are the main catalyst for the emergence of this phenomenon and thus refers to determine this phenomenon the kidneys produce urine The bladder consists of a muscle, which is usually relaxed before it is filled with urine, the muscles remain around the base of the bladder tight and trap the urine in. Most adults can feel the presence of urine in the bladder when the amount of when you find a place to urinate and are ready, the muscles relax around the base of the bladder, allowing the urine to come out, and the bladder muscle shrinks to get urine out. It does not come out on its own, but your body actually pushes it out. To keep these muscles working properly, you should do regular pelvic exercises.<sup>(6)</sup> Special recommendations were made by a group of American consultants to treat this phenomenon by saying, "Train your bladder and empty it according to a schedule. Start diuresis every hour whether you like it or not. Increase the time slowly between visiting the bathroom after diuresis, wait for some time to come down. The last drops. You control sneezing or coughing and you are worried about anxiety about urine leakage, complicate your legs and do Kegel exercises."<sup>(7)</sup>

Table 3: Shows The Mean, the Standard Deviations and the Calculated (t) Value for People with Incontinence between the Ages of (60-65), (66-70) (Pretest-Posttest)

Variable	60 - 65 years		66 - 70 years		Calculated Value (t)*	Significance of differences	Impact size	Impact indication
	Mean	SD	Mean	SD				
Incontinence test	59.6	4.722	75.6	4.878	5.269	Sig.	0.881	Big

\* Value (T) at the level of significance (0.05) and the degree of freedom (8) = (1.860)

The following table shows that the rate of development in reducing the incontinence phenomenon was in favor of the younger age group and this follows the level of aging and the response of the muscles to motor exercises that have been used, a common principle in sports training in relation to the mechanism of work of the muscle and the level of aging, which is essential. The lower the level of age, the faster the muscle can adapt to muscle work.

This may be observed in physical perfection more precisely when comparing the same exercises for two people, one of the average age and the other of a large age is noted that the level of rapid response is in favor of the lower age. So the impact level was lower. Since the exercises performed by the first experimental sample and the second experimental sample were related to the pelvic floor and the bladder in a sequential and planned according to scientific and health bases as expressed by some foreign sources of Kegel exercises and indicates so pelvic floor exercises are based on the age of muscles in the pelvic and reproductive area, where these exercises help to maintain the strength of the pelvic floor muscles and endurance and work properly, and this is important in the control of the bladder and intestines. These exercises are also called Kegel exercises and Dr. Arnold Kegel is the first to describe it and when regular pelvic floor exercises are done properly they can help to improve or maintain bladder and bowel control. He also adds "bladder exercises that empty the bladder in a timed form of bladder training or urination within a chart or a table whose goal is to improve Gradually incontinence Increase the time you go to the bathroom Increase the amount of fluid in your bladder Reduce your urge and leakage changes in urination habits occur within 12 days or so preferably starting at the end of the week or day Where you plan to stay at home or near the bathroom."<sup>(8)</sup>

Table 4: Shows The Mean and Standard Deviations and the Value of (t) Calculated for People with Incontinence between the Ages of (60-65) and (66-70) for the Difference between the (Pre - Post) Tests

Variable	60 - 65 years		66 - 70 years		Calculated Value (t)*	Significance of differences	Impact size	Impact indication
	Mean	SD	Mean	SD				
Incontinence test	4.6	1.516	7	1	2.954	Sig.	0.722	Big

\* Value (T) at the level of significance (0.05) and the degree of freedom (8) = (1.860)

In the above table, it was found that the difference of the media in the two samples was significant and the effect size was significant, indicating that the improvement which represented the first experimental group exceeded the improvement of the second group. The researcher believes that there are many different treatments used in the management of urinary incontinence. However, most doctors begin conservative treatments less health in terms of

the effects of chemical treatments of drugs and their effects on health Generally, the program used by the researcher used kinetics treatments, (9) a set of changes that can be made by the patient to alleviate incontinence. These changes are safe, easy, effective and inexpensive at the same time. This makes the doctor suggest to the patient one or more of these treatments as a first treatment line. These motor treatments are all that the patient needs. Therefore, the results in this way were based on the will of the researcher to apply these exercises professionally and the will to follow up these cases and their appropriate timing.<sup>(10)</sup>

#### IV. CONCLUSIONS

1. Motor exercises used for the pelvic floor a positive effect to reduce the phenomenon of incontinence for the elderly.
2. Motor exercises used for the bladder positive effect to reduce the phenomenon of incontinence for the elderly.
3. The experimental group with ages (60-65) outweighed the experimental group with ages (66-70) in the level of the studied phenomenon and with a significant effect.
4. Treatment by exercise gives positive returns in the improvement of the case of the phenomenon of incontinence.
5. Timing factor in the phenomenon of incontinence of the most important factors that help in determining the progress of the correct treatment.

**Ethical Clearance:** People identified as potential research participants because of their status as relatives or carers of patient's research participants by virtue of their professional role in the university and departments.

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