

Whole- Body Electro Muscle Stimulation (EMS) - an innovative method to ease urinary incontinence.

(BOECKH-BEHRENS W.-U./SCHÄFFER, G., unpublished thesis, University of Bayreuth, 2002).

Objective

The study was aimed to assess the effects of EMS- Training on urinary incontinence.

Methodology

The 49 participants were given questionnaires before and after the training to assess the existence, type and intensity of urinary incontinence. 17 persons (15 female, 2 male) with the average age of 47 suffered from a mild or medium level of urinary incontinence.

Participants trained 45 minutes, 2x per week for a total of 10 sessions. They began with a 10 to 15 minute long familiarization phase to adjust for the individual's pulse intensity, followed by a 25 minute long training session, during which different static exercise positions were taken up by the participants. There was a five minute long relaxation period at the end of the training session.

Results

65% of the participants achieved a relief of the symptoms of urinary incontinence.

23% of the test persons were free of symptoms, 24% noticed a lessening of their discomfort and 36% of the participants felt no change in condition. These results are on par with the success rate reached by special localized electrical muscle stimulation therapies (compare Eriksen 1987, Sebastio 2000, Salinas Casado 1990, Meyer 2001).

Conclusion

The whole- body EMS- Training is an effective training, that achieves therapeutic effects for the relief of discomforts caused by incontinence. It is also a preventive training that builds muscles, enhances body physique, improves mood, increases vitality, body stability and overall performance.