

Impact of Kegel Exercises on Overall Pelvic Health in Postmenopause

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ABSTRACT

Kegel exercises provide a secure and effective approach to improve the overall health in postmenopausal women. Pelvic floor is made up by levator ani and coccygeus muscle which are important to support the abdominal organs. Pelvic floor muscle strength is been decreased due to ageing, pregnancy, normal vaginal delivery, hormonal imbalance and obesity. Due to this, women are experiencing pelvic organ prolapse and incontinence. These problems can be managed by medications and surgeries. Among this, kegel exercise is the best therapeutic way to strengthen the pelvic floor and maintain its alignment. It is noninvasive as well as most convenient method for a woman to practice everyday. Regular practice can maximise the benefits for women associated with menopause.

A comprehensive search of electronic databases, including PubMed and Google Scholar was performed to locate studies published up to the current date. Keywords such as "Kegel exercises", "pelvic floor function", "postmenopausal women" were used to construct search queries. Following a thorough examination of the titles and abstracts of these studies, along with removal of any duplicates,

a total of 7 Randomised Controlled Trials (RCTs) studies were referred.

The review provides analysis of current understanding of Kegel exercises, its role and effect upon overall pelvic floor health and function in postmenopausal women. It evaluates the various ways in which these exercises could help the women. It synthesises evidence from different studies to delineate its role in the women's health.

All the RCT's demonstrate that Kegel exercises have an overall positive impact on the pelvic floor functioning in postmenopausal females. It relieves the symptoms of urge urinary incontinence, stress urinary incontinence, reduce its severity, strengthen the pelvic floor muscles, relieve vulvovaginal symptoms, enhances pelvic floor muscle contractility, add and decrease the chances of pelvic floor organ prolapse. It also helps in significantly improving the quality of physical, mental & psychological well-being in menopausal women. Although additional studies are required regarding the duration and intensity of the exercises to be performed.

Keywords: Pelvic floor, Randomised controlled trial, Urinary incontinence