

Kegels Exercises: A crucial issue during woman's lifespan

Urinary incontinence and pelvic organ prolapse are common bothersome among women. There are lots of treatments to manage these diseases, including medication and surgeries. Clinicians consider Kegel exercises, designed for pelvic floor muscle strengthening, as the first-line therapy for patients as there are few reported few side effects. In the general population, age 15 to 64 years, 10%-30% of women are affected. Those with overactive bladder (OAB), the bladder muscle contracts spastically, sometimes without a known cause, resulting in elevated bladder pressure and the urgent need to urinate. Of the several types of urinary incontinence, stress, urge, and mixed incontinence account for more than 90% of the cases. Kegel exercises target the pelvic floor muscles, helping to strengthen the urethra, bladder, uterus, and rectum. Pelvic floor muscle exercises also help strengthen vaginal muscles, improve flexibility, strength, and motor control, facilitating the second stage of labor and reducing the need for instrumented delivery. Pregnant women are encouraged to do Kegel exercises because strong pelvic floor muscles help make childbirth, specifically pushing, easier. In addition, the exercise can lower the incidence of tears during the intra-partum & postpartum periods. Doing Kegel exercises can help in healing from an episiotomy as well as prevent postpartum incontinence and tone stretched out vaginal muscles, thereby making sex better. Nurse in the perinatal setting plays a crucial role in educating the mother about Kegel exercises. This mini-review was conducted to educate & training women on how to perform Kegel exercises to reduce prone to labor injury, incontinence, and prolapse.

Keywords: Kegels Exercises, women, stress incontinence, prolapse, episiotomy