

SUMMARY

Title of the diploma thesis:

Influence of physiotherapy in women's stress urinary incontinence

Objective: Nowadays more and more women suffer from stress urinary incontinence.

Objective of this diploma thesis is to find out if it is possible to treat malfunction of stress incontinence with physiotherapeutic process only without concurrent application of any other therapeutic methods.

Methods: For three months I was doing exercises mainly pelvic floor muscles and deep stabilizing muscles with patients diagnosed with stress urinary incontinence. Patients were examined with uninvasive US investigation from physician and kinesiologic analysis from physiotherapist. I am aware of the fact that there are other examinations and therapies.

Results: After comparing enter and final examinations of patients I can say that physiotherapeutic procedure made a difference. Based on my clinical experiences and perused literature I recommend this form of therapy as first choice therapy for women with stress urinary incontinence.

Keywords:

stress urinary incontinence, pelvic floor muscles, deep stabilizing muscles, physiotherapy