

ABSTRACT

Introduction: Stress urinary incontinence is one of the most common health issues, especially among women, and remains a taboo topic even today. Physiotherapy has become the primary choice for treatment in this type of incontinence. This study examines the impact of Ludmila Mojžíšová method, as its author suggests the possibility of treating stress urinary incontinence in women using this approach, although no studies or research proving the effectiveness of the treatment are available in the literature.

The main objective: The main objective of this bachelor thesis is to observe the impact of therapy conducted according to Ludmila Mojžíšová method on the pelvic floor muscle activity measured by transabdominal ultrasound in women with stress urinary incontinence. The secondary objective is to determine whether the therapy according to this method has an impact on the quality of life assessed by the CONTILIFE questionnaire. Another objective is to evaluate the effect of this method on low back pain assessed by the visual analog scale (VAS), if simultaneously present in women suffering from stress urinary incontinence.

Methods: The study sample consisted of 13 women. Inclusion criteria for the study were the presence of symptoms of stress urinary incontinence, age between 30 and 45 years, and BMI between 18.5 and 30. Exclusion criteria included gynaecological surgery during the preceding year, other forms of incontinence (urgent, mixed), ongoing pregnancy, childbirth within 1 year prior to the start of the study. Women were divided into an experimental group after 6, who underwent a 6-week therapy according to Ludmila Mojžíšová method, and a control group of 7, who were not treated. Data were obtained from anamnestic data, kinesiological examination, transabdominal ultrasound (lift, stamina and contraction of pelvic floor muscles in a lying and standing position), the CONTILIFE questionnaire, and examination according to Ludmila Mojžíšová method. Data were processed using Microsoft Excel, R program, and Python programming language.

Results: At a significance level of 0.05, it was confirmed that women in the experimental group had a significantly higher difference in lift of the pelvic floor muscles after 6 weeks of therapy, p-value 0.038, and the number of one-second contractions in a standing position, p-value 0.049. It was also confirmed that after the therapies, the quality of life significantly improved, p-value 0.01 after 6 weeks, p-value 0.009 after 10 weeks, and that there was a decrease in low back pain, p-value 0.001.

Conclusion: Therapy according to Ludmila Mojžíšová method has a positive effect on pelvic floor muscle activity assessed by transabdominal ultrasound in a standing position, on the quality of life, and on reducing low back pain in women with stress urinary incontinence. This research would benefit from expanding the sample size of women.

Key words: stress urinary incontinence, pelvic floor muscles, Ludmila Mojžíšová method, transabdominal ultrasound