

Urinary incontinence is defined as the involuntary escape of urine that is objectively demonstrable and causes social and hygienic problems. It is a common problem, that is in its results also important medical, social and economical defect. The object of the research of this work was a group of woman patients with the stress form of urinary incontinence, that was instruated by Kegel's or Mojžíšová's methods in home exercises. The goal of this thesis was to influence contractility, power and tense of pelvic floor muscles and to evaluate the effect of the chosen methods. Objectively the results of the work don't demonstrate change of assessed parameters, but it has came to subjective improvement of urinary incontinence's symptoms and differences in kineziological investigation.