

# Clinical Trial: Whole Body Vibration and Pelvic Floor Exercises on Urinary Incontinence

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## FULL TEXT

U.S., Oct. 31 – ClinicalTrials.gov registry received information related to the study (NCT03325660) titled 'Whole Body Vibration and Pelvic Floor Exercises on Urinary Incontinence' on Oct. 26.

**Brief Summary:** Background: Urinary incontinence is common in men following prostate cancer surgery.

Conservative treatment incorporates pelvic floor muscle exercises, biofeedback, electrical stimulation, lifestyle changes, or a blend of strategies. Little is thought about the physiologic impacts of entire body vibration practice on people body. The aim of the current study is to determine the effect of the whole body vibration and pelvic floor exercises on urinary incontinence following prostate cancer surgery. Methods: 61 patients were divided randomly into two groups. Group (1) included 30 patients participated in synchronous whole-body vibrations, 3 times weekly for 4 consecutive weeks; the frequency and peak-to-peak displacement of vibration were 2 mm/20 Hz for the first week for 5 minutes, 3mm/25 Hz, 10 minutes for the second week and 4 mm/30 Hz, 15 minutes for the last two weeks. Group (2) included 31 patients received only pelvic floor exercises. The intervention in both groups was for three times per week for four weeks. The outcome measures were urodynamic measurements for pressure at maximum flow rate and maximum flow rate. Also, patients were instructed to complete 2 questionnaires; incontinence visual analogue scale (I-VAS) and the international consultation of incontinence-short form. Results: When comparing between pre- treatment and post treatment for group 1 the results revealed that there were significant differences including all test parameters, while the results of group 2 showed non- significant differences including all test parameters except for the pressure at maximum flow rate which showed a significant difference from the baseline data ( $P > 0.05$ ). It was revealed that there were significant differences when comparing the results of all test parameters after the treatment protocol in favor of group 2 ( $P > 0.05$ ). Conclusion: It can be concluded that the whole body vibration is a simple training and has a good effect in treating the patients with urinary incontinence after radical prostatectomy.

Study Start Date: July 3, 2016

Study Type: Interventional

Condition: Urinary Incontinence

Intervention: Other: whole body vibration  
pelvic floor exercises

Other Name: pelvic floor exercises

Recruitment Status: Completed

Sponsor: Ahlia University

Information provided by (Responsible Party): Dr Sayed Tantawy, Ahlia University

For any query with respect to this article or any other content requirement, please contact Editor at [content.services@htlive.com](mailto:content.services@htlive.com)

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