HORSEBACK RIDING FITNESS MACHINE FOR THE TREATMENT OF STRESS URINARY INCONTINENCE - A PILOT STUDY

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Aims of Study

- Horseback riding exercise targets the lower extremities and core muscles, which can be beneficial for improving pelvic floor muscle strength and control.
- The goal is to assess the effectiveness of horseback riding as a novel non-surgical treatment for stress urinary incontinence (SUI).

Methods

- Participants will undergo a 4-month intervention, consisting of horseback riding sessions twice a week.
- Outcome measures include International Consultation on Incontinence questionnaire (ICIQ-SF) and Quality of Life (QOL) assessment.

Pre and Post

- Baseline evaluations will be conducted to assess current incontinence severity.
- Post-intervention assessments will be performed to evaluate changes in incontinence frequency and severity.

Interpretation of Results

- Changes in ICIQ-SF scores will indicate improvements in SUI symptoms.
- Quality of Life (QOL) assessments will provide insights into overall health and well-being.

Conclusion

- The study will contribute to understanding the potential of horseback riding as an alternative therapy for managing SUI.
- Findings will inform future interventions and suggest directions for further research.