

PHYSIOTHERAPY INTERVENTION IN STRESS URINARY INCONTINENCE IN POWERLIFTING ATHLETE

Hypothesis / aims of study

Powerlifting is a sport whose technique is focused on endurance, power and explosive strength. It comprises the modalities of squats, bench regulatory, deadlift, and total, this competition sequence being regulated by the International Powerlifting Federation (IPF) where athletes reach to lift three times their own body weight at once^(1,2).

Categories are defined by gender, body weight and age, and its practice is allowed to male and female lifters over 14 years old. For the safety of the athlete an abdominal belt is utilized which has the function to stabilize the abdominal muscles while supporting the lumbar spine during weight lifting^(1,2).

The belt should be well adjusted so that the abdominal muscles can support themselves during a heavy lifting. The excessive increase in intra-abdominal pressure overloads the pelvic organs, pushing them down; so, the muscles and ligaments that make up the pelvic floor support systems and suspension of these organs can be damaged. The excessive increase in intra-abdominal pressure can result in changes in the function of urinary continence, resulting in urinary incontinence^(1,2,3).

Objective: Evaluate the use of physiotherapy in Stress Urinary Incontinence in Powerlifting athlete.

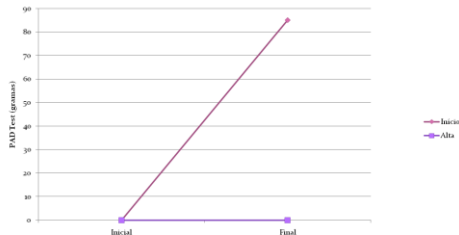
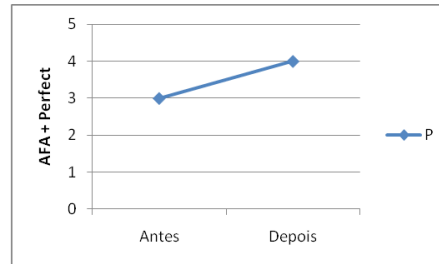
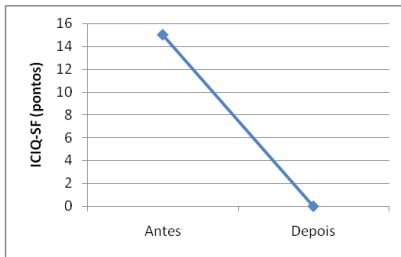
Study design, materials and methods

A case study was carried out with a female 27 year-old Powerlifting athlete. The following questionnaires were used along the trial: International Consultation on Incontinence Questionnaire – Short Form, Female Evaluation (physiotherapy of pelvic floor) and some tests were applied regarding the Functional Evaluation of the pelvic floor, Perfect and Urination daily report. Electrical stimulation treatment was used, as well as kinesiotherapy and vaginal cones. The patient underwent 11 sessions and was evaluated in the first and in the last session.

Results

In the Functional Evaluation of the pelvic floor the initial score was 3 and the final score was 4. The Pad Test had as an initial result 0.85 grams and final result 0 (zero) grams. In the ICIQ-SF the initial score was 15 points and the final score was zero.

Interpretation of results



Concluding message

It is clearly concluded that the physiotherapy treatment in stress urinary incontinence during Powerlifting presented highly positive results.

References

1. Groves B. Powerlifting – Levantamentos básico. 1ª edição brasileira; São Paulo: Manole; 2002
2. Passos JN; Guiselini SN; Pereira C. Intervenção fisioterápica na incontinência urinária de esforço em atleta de powerlifting – estudo de caso. Ter Man. 8(39):454-460, 2010.
3. Rivalta M. et al. Urinary incontinence and sport: first and preliminary experience with a combined pelvic floor rehabilitation program in three female athletes. Health Care Women Int. 31(5):435-43, 2010.

Disclosures

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