INTRODUCTION
Urinary incontinence (UI) is a chronic health complaint that severely reduces quality of life (Qol). According to data from the literature, the prevalence of UI in nulliparous women range from 5 to 51%.

In a multicenter randomized trial including 107 incontinent women aged 24 to 70 years, different methods of perineal rehabilitation were compared. The authors demonstrated the superiority of pelvic floor self-exercises over other methods.

In a RCT, authors demonstrated that intensive pelvic floor muscle training during pregnancy prevents postnatal urinary incontinence and significantly improves pelvic floor muscle strength.

AIM OF THE STUDY
To determine the prevalence of urinary incontinence (UI) in nulliparous women and to assess the impact of self pelvic floor exercises on this urinary disorder and the quality of life (Qol).

STUDY DESIGN – MATERIAL AND METHODS
This is a prospective observational study.

Three hundred and fifteen nulliparous students from French secondary establishments answered through a secure website, created for the study, an anonymous questionnaire about UI.

The questionnaire included validated symptom scores (International Consultation on Incontinence Questionnaire-Short Form, ICIQ-UI SF) and quality of life (Contilife).

Women who reported UI were asked to perform a self-perineal rehabilitation program for 8 weeks.

A second questionnaire was completed after reeducation to assess the evolution of their UI.

The study was conducted from 15 October 2011 to 29 January 2012.

RESULTS
Among the 315 respondents, 92 women (29.2%) reported UI.

The mean age was 23.0 (± 4.4) years in the continent group and 22.9 (± 3.6) years in the incontinent group.

The high BMI, enuresis and recurrent urinary tract infections were significantly associated with risk of UI.

Only 24 of the 92 women with UI (26.1%) completed the self pelvic floor training program during at least one month with a significant improvement in UI and quality of life (Qol).

A significant improvement in symptoms and Qol (ICIQ and Contilife scores) was demonstrated after self pelvic floor training.

CONCLUDING MESSAGE
UI is a common disorder in young nulliparous women. Perineal self-exercises without the intervention of a professional could help to improve the urinary disorders and Qol.

Self pelvic floor exercises should be recommended for young nulliparous women with urinary incontinence and to women at high risk of UI (high BMI, enuresis and recurrent urinary tract infections).

<table>
<thead>
<tr>
<th>Results</th>
<th>Incontinent women who completed the self pelvic floor training program (SPFTP) N=24/92</th>
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<tbody>
<tr>
<td></td>
<td>ICIQ</td>
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<tr>
<td>Before SPFTP</td>
<td>8,0/21 (± 0,82)</td>
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<tr>
<td>After SPFTP</td>
<td>5,0/21 (± 3,36)</td>
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<td>0,0002</td>
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