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**PELVIC FLOOR MUSCLE TRAINING: ADDRESSING  
URINARY INCONTINENCE IN AGING POPULATIONS**

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### **Abstract**

The research paper focuses on the importance of pelvic floor muscle training along with its impact to overcome the issue of urinary incontinence in the aging population. The research focuses on the different dimensions such as challenges prevailing in providing pelvic floor muscle training along with the mitigation strategies. Relevance along with the impact of Health Belief Model (HBM) is also highlighted in this research. Apart from this, research methods are reflected based on results and discussion is evaluated effectively.

***Index Terms:*** Pelvic floor muscle training, Urinary Incontinence, Aging population, Postural balance, Physical activity



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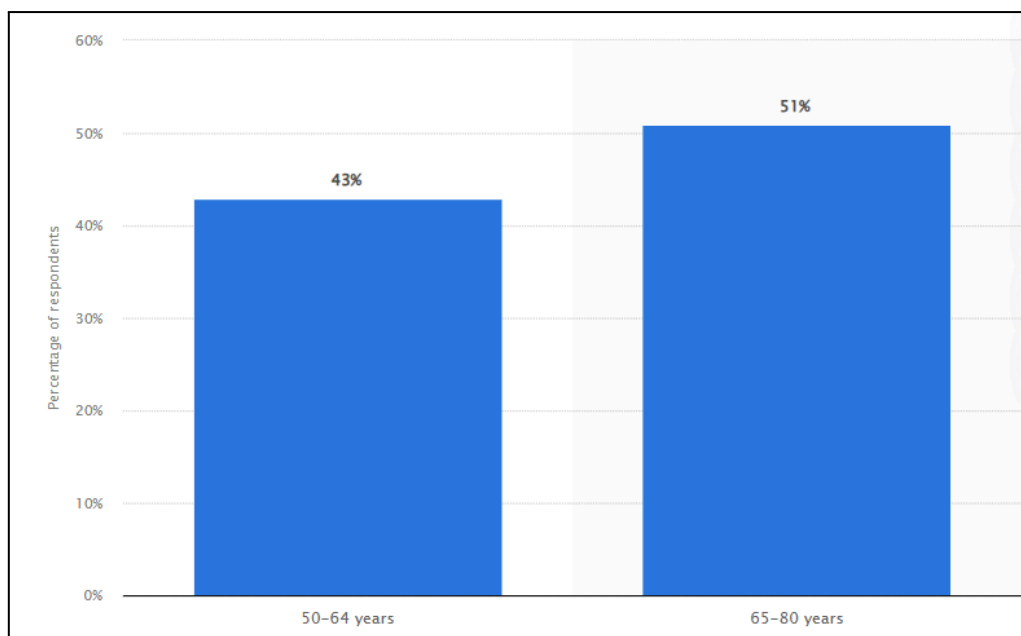
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## I. Introduction

“Urinary incontinence” is the involuntary loss of urine and is the most common problem that affects millions of people. There is the presence of multiple causes of urinary incontinence that is the result of “damage or weakening of muscles that used to prevent urination such as urethral sphincter and pelvic floor muscles” (nhs.uk, 2025). The different causes “of urinary incontinence include obesity, vaginal birth and pregnancy, family history of incontinence” along with increasing ageing (nhs.uk, 2025). In accordance with the reports it can be noted that “51% of adult women aged between 65 and 80 years old” face the issue of urinary incontinence reflected in figure 1 (statista.com, 2025). Considering this aspect, it can be stated that pelvic floor muscle training is beneficial for the people addressing “urinary incontinence”. The focus on pelvic floor muscle training is beneficial as that aids in strengthening muscles that are helpful to support pelvic floor. Focusing on “pelvic floor muscle training exercises” can aid in strengthening the muscles under the bladder, uterus as well as bowel among both men and women (medlineplus.gov, 2025).



**“Figure 1: Women Aged between 50 and 80 Years Old Reported Urinary Incontinence”**

(Source: statista.com, 2025)



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## **“1.1 Aim and Objectives”**

### ***Aim***

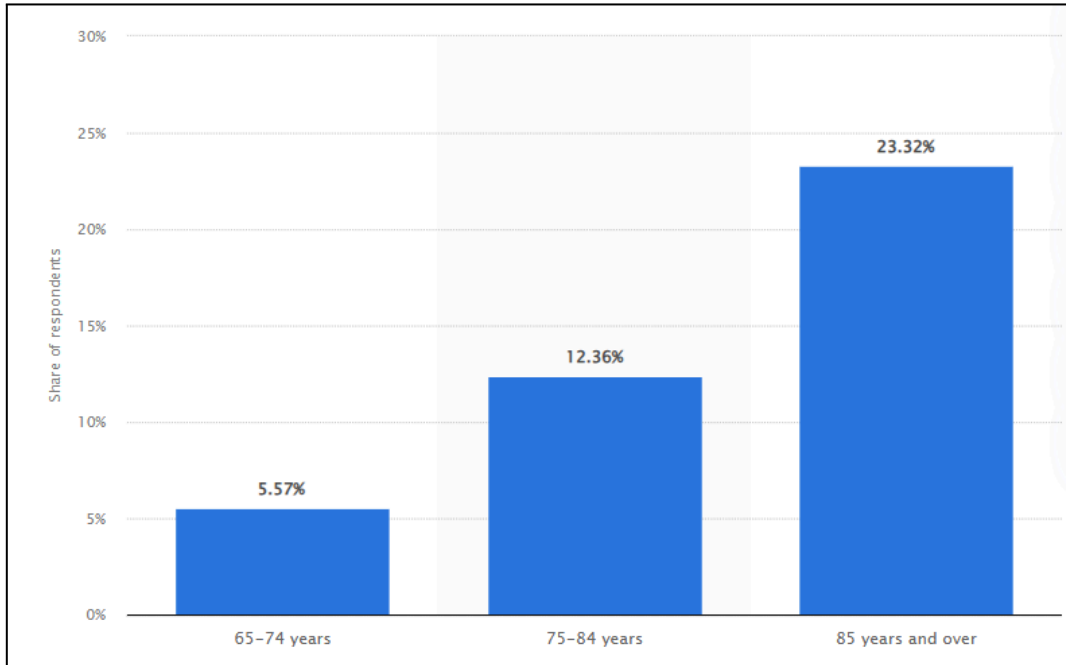
The aim of this research is to analyse the significance of pelvic floor muscle training and its impact in order to overcome the issue of urinary incontinence in the aging population.

### ***Objectives***

- To analyse the significance of “pelvic floor muscle training” in the aging population
- To identify challenges in enhancing “pelvic floor muscle training”
- To evaluate the impact of “pelvic floor muscle training” among the aging population
- To access the recommendations for improving pelvic floor muscle training among aging population

## **1.2 Research Background and Rationale**

Pelvic floor muscle training is beneficial for people as it assists in improving bowel and bladder control followed by core stability as well as strength. Globally the issue of urinary incontinence is increasing among people especially among the aged population and women. For instance, in accordance with the reports it is reflected that in Spain a “share of elderly population aged between 65 and over are suffering from urinary incontinence” (statista.com, 2024). The figure 2 of this research helps in reflecting that 23.32% of the aged people in Spain aged above 85 years and over are facing the issue of urinary incontinence (statista.com, 2024).

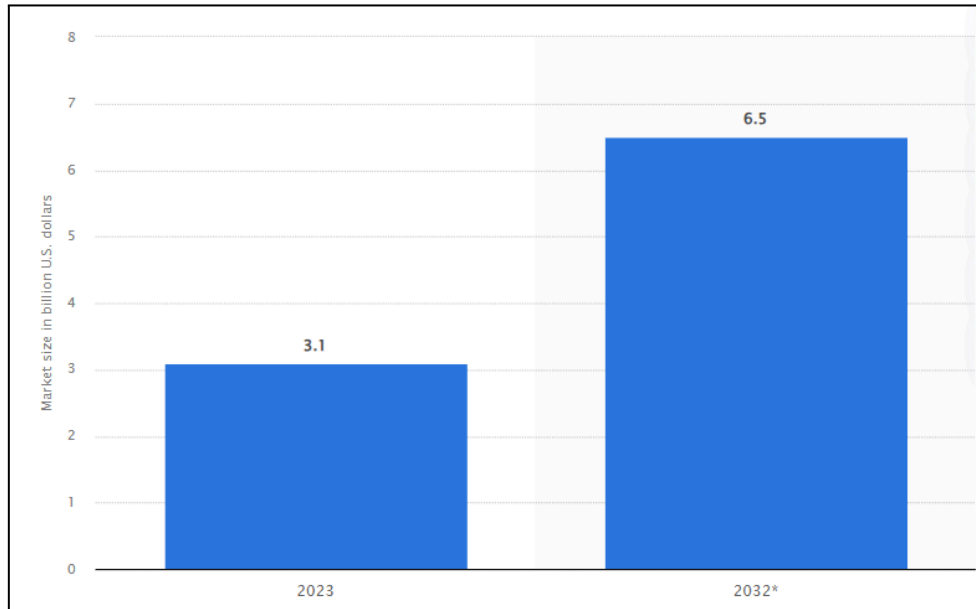


**“Figure 2: Share of Elderly Population Aged 65 and Over Suffering Urinary Incontinence in Spain”**

(Source: statista.com, 2024)

One of the major issues faced by the people in for pelvic floor muscle training is lack of awareness among people along with lack of knowledge among the medical staff in order to use the technologies to enhance “pelvic floor muscle training”. Considering the reports it can be stated that in 2023 the urinary incontinence treatment devices in the market reached only \$3.1 billion reflected in figure 3 (statista.com, 2024). This reflects that the usage of the technologies in order to treat elderly population is low yet it is expected to be increased in 2032 by \$6.5 billion. Lack of investment in technology can shed a negative impact in providing better treatment to the people and presently lack of focus might me laid on enhancing the training services to enhance the pelvic floor muscle training for the aging population.





**Figure 3: Urinary Incontinence Treatment Devices in Market**

(Source: statista.com, 2024)

## II. Literature Review

### “2.1 Importance of Pelvic Floor Muscle Training in the Aging Population”

The prevalence of urinary incontinence health issues is increasing extensively among the aging population. Considering this attribute Lazarchuk et al. (2022), stated that, the focus on pelvic floor muscle training is beneficial as it helps in strengthening the muscles in order to support bowel, uterus along with bladder. Sheng et al. (2022) mentioned that pelvic floor muscle training is beneficial in preventing incontinence as weak pelvic floor muscles might lead to urinary incontinence. In this regard, it can be stated that the fuses on the different training exercises can be helpful for the aging population in order to avoid such issues.

### 2.2 Challenges along with Strategies to Enhance Pelvic Floor Muscle Training among Aging Population

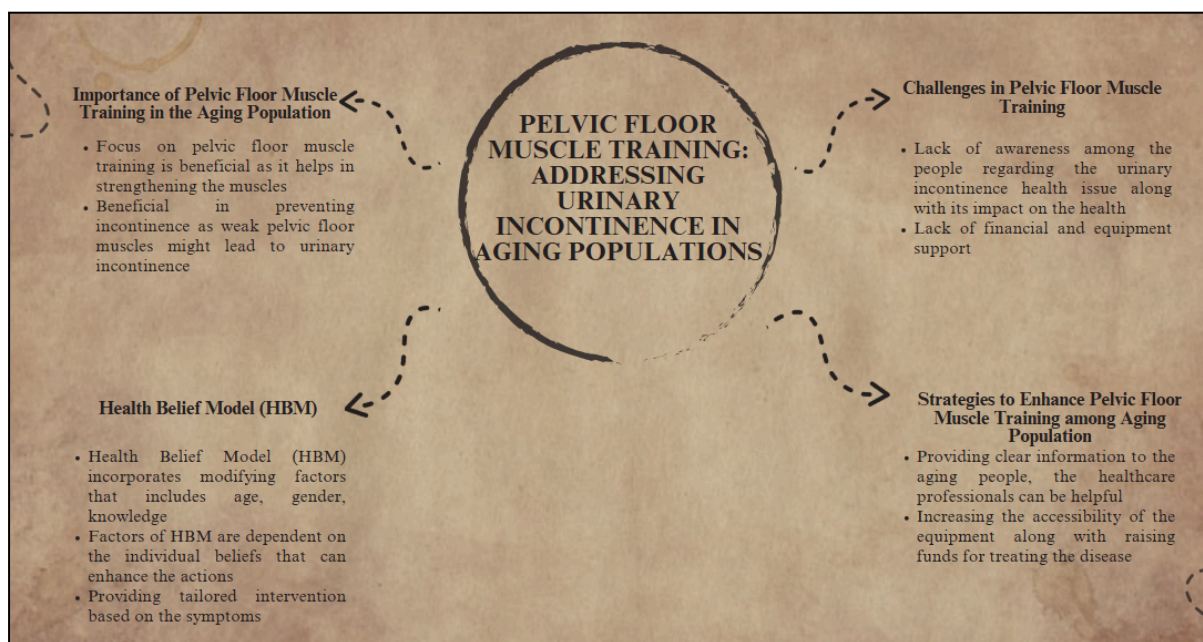
One of the major issues is lack of awareness among the people regarding the urinary incontinence health issue along with its impact on the health. Sanyaolu et al. (2023) mentioned that lack of awareness among the people regarding urinary incontinence can lead to urinary tract infections in the longer run that can reflect negative impact on the health of



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people. In this regard, providing clear information to the aging people, the healthcare professionals can be helpful in dealing with such issues and increasing awareness regarding urinary incontinence. Xu et al. (2023) stated that the other issue that is prevailing is lack of financial and equipment support. In this regard, it can be stated that the people might not have the accessibility to access the financial resources along with equipment for pelvic floor muscle training. Moreover, increasing the accessibility of the equipment along with raising funds for treating the disease in the healthcare organizations can aid in providing better help to aging people.

### “2.3 Conceptual Framework”



“Figure 4: Conceptual Framework”

(Source: Self-Created)

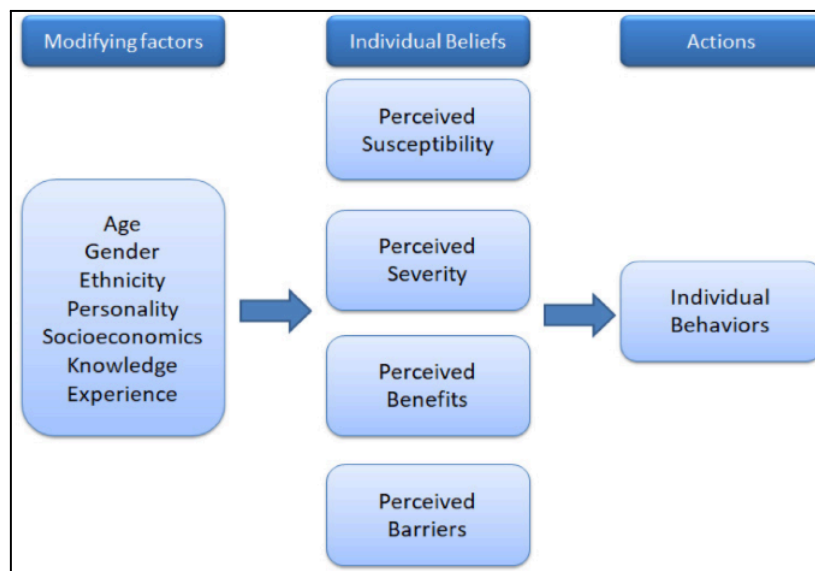
### 2.4 Implication of “Health Belief Model (HBM)”

The implication of the “Health Belief Model (HBM)” is beneficial as it helps in designing the interventions in order to enhance health outcomes. Jacob and Singh (2024) mentioned that the “Health Belief Model (HBM)” incorporates modifying factors that includes age, gender, and knowledge along with other attributes. In addition to this the modifying factors of the Health Belief Model (HBM) are dependent on the individual beliefs that can enhance the actions in



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order to enhance pelvic floor muscle training among aging people. On the other hand, Omid et al. (2023), has mentioned that the imposition of the HBM can shed a positive impact in providing tailored intervention based on the symptoms. In this regard it can be stated that the focus on the different symptoms regarding urinary incontinence can help in providing pelvic floor muscle training to the aging population. Moreover, the Health Belief Model (HBM) can aid in enhancing the patient outcomes and promoting the prevention strategies that enhance the quality of life.



**Figure 5: Health Belief Model (HBM)**

(Source: Ban and Kim, 2020)

### “2.5 Literature Gap”

Some of the noteworthy “gaps in the literature is in some of the articles there is lack of information regarding pelvic floor muscle training” along with the issues faced by the aging population across the globe regarding urinary incontinence. Apart from this, lack of time was the other issue that sheds a negative impact in evaluating the information from the different literatures effectively.



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### **III. Methodology**

#### **3.1 Research Approach and Research Design**

The usage of the “different methods in the research is beneficial as it helps in the better collection” as well as evaluation of data that assists in enhancing the reliability of the research. Hall et al. (2023) mentioned that “Deductive research approach” is beneficial as it helps in providing abundance of resources in limited time. Considering this, in this research “Deductive research approach” is implied as it helps in explaining the relationship between the concepts along with variables that gives a facilitating impact in analysing each dimension of this research. Apart from this, “descriptive research design” was used in this research as it helps in enhancing comprehensive understanding regarding the pelvic floor muscle training for the aging population. Besides this, the use of “Interpretivism philosophy” can shed a positive impact in understanding the contexts effectively and focusing on unique as well as specific information regarding urinary incontinence.

#### **3.2 Data Collection Process**

In the research, the utilisation of the data collection method is facilitating as it assists in collecting information regarding urinary incontinence. In this research, “Secondary data collection method” and qualitative data type is used as it aids in the gathering of the information regarding urinary incontinence from the previously published journals and articles. In accordance with the opinion of Taherdoost (2021), has mirrored that in the “secondary collection method” information is collected from technical publications such as authentic journals and articles, online websites and books. The information regarding the research variables such as urinary incontinence “are collected from Google Scholar and authentic online websites”.

#### **3.3 Sampling Techniques**

The use of sampling techniques is facilitating in the research as it benefits in the gathering of information from authentic sources. In this research, “Convenience sampling strategy” was used as it is cost effective, quick as well as simple to use as the selection of the articles and journals are based on the easy accessibility of resources. Zickar and Keith (2023) stated that “Convenience sampling strategy” ads in eliminating biases in the collection of the



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information. Based on these view points, it can be highlighted that the use of the “Convenience sampling strategy” was beneficial as well as relied on the inclusion and exclusion criteria that is mentioned in the below point.

**“3.4 Inclusion Exclusion Criteria”**

“Inclusion Criteria”	“Exclusion Criteria”
<ul style="list-style-type: none"> <li>● “The peer reviewed articles that have been written and published after the year 2021, are being accepted by the researcher for the data collection processes in this present research”</li> <li>● “The articles that are written and published in standard English language have been selected by the researcher for data collection purpose”</li> <li>● “The peer reviewed journals that are available in authentic databases in Google Scholar such as MDPI, Science Direct, Wiley, Emerald and many more are accepted for secondary data collection regarding pelvic floor muscle training”</li> </ul>	<ul style="list-style-type: none"> <li>● “The research articles and websites that are published before the year 2021 have been consciously rejected by the researcher for disrupted validity probability”</li> <li>● “Doctoral dissertations and blog contents have been avoided for data collection purposes to reduce the probability for disrupted reliability in outcomes”</li> <li>● “The peer reviewed journals that are written in other languages rather than in standard English, have been rejected for better understanding of the readers and further researchers”</li> </ul>

**“Table 1: Inclusion and Exclusion Criteria”**

(Source: Self-Developed)

**“3.5 Data Analysis Process”**

The researcher has used the “thematic data analysis technique for analysing the secondary qualitative data sets in this present research”. According to the study by Braun and Clarke, (2023) it has been concluded that “thematic data analysis” has six core stages that need to be undertaken by the researchers for giving an “in-depth understanding of the variables and



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concepts”. The six stages of thematic analysis are familiarising the data sets, generating initial codes, reviewing themes, defining the themes and writing the reports. However, thematic analysis has accurately generated “flexibility and subjectivity in the data interpretation and research outcomes”.

### 3.6 Ethical Considerations

“The researcher has highly followed all the inclusion and exclusion criteria for conducting the secondary data collection processes” in this present research. The consideration of the “*General Data Protection Regulation Act 2010*” can highly facilitate the researchers and research practitioners to enable the confidentiality and privacy of the data sets during and after the research processes (gov.uk, 2024). On the other hand, the adaptation of the “*Copyright Act 1956*” can increase the awareness of plagiarism and piracy related activities within the researchers which can help to make a distinctive research outcome better than others in this same field (legislation.gov.uk, 2024). More than that, the researcher has acknowledged the authors of the peer reviewed journals and website articles by making an alphabetical and organised reference list at the end of the written research paper.

### 3.7 Research Timeline

Tasks	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
Initiating the Research												
Preparation of Aims and Objectives												
Selection of Articles for Literature Review												
Constructing Literature Review												
Selection and Finalisation of Methods and Application of Methodologies												
Identifying Relevant Secondary Sources												
Conducting Thematic Analysis												
Conducting Discussion and Findings												
Summing up the Research												
Final Submission												

Figure 6: Estimated Research Timeline

(Source: Self-Created)

## IV. Result and Discussion

### 4.1 Result

Authors	Themes	Description
Curillo-Aguirre	“Pelvic floor muscle	As per the study by Curillo-Aguirre and



<p>and Gea-Izquierdo, (2023) Akobundu et al. (2024)</p>	<p><i>training (PFMT) can be important for the aging population to prevent urinary incontinence (UI) and other health issues affecting the quality of life”</i></p>	<p>Gea-Izquierdo, (2023) it has been stated that the pelvic floor muscle training can effectively help the old aged individuals to control their involuntary urinary leakage and frequent bladder issues. The study has also elaborated that the major causes behind weak pelvic floor muscles in old aged individuals are aging, hormonal changes, surgery, pregnancy, lifting heavy objects and many more. The study by Akobundu et al. (2024) has demonstrated that the pelvic floor muscle training can encourage the motor activities within the old aged individuals which can reduce the urinary inconsistencies and other minor health issues that are related to aging. Based on these views, it can be determined that the daily exercise of pelvic floor muscle training can accordingly help the old aged individuals to regain their daily activities supremely and can prevent the major issue of poor control in unnecessary and uncontrollable urinary leakage.</p>
<p>Le Berre et al. (2023) Tennfjord et al. (2024)</p>	<p><i>“Straining discomfort, lack of awareness, and financial constraints are some of the common challenges that can be faced by older</i></p>	<p>The adaptation of the training regarding the exercise of pelvic floor muscles can be a little challenging for the old aged people due to its deep straining and flexibility needs. According to the study by Le Berre</p>



	<p><i>individuals for Pelvic floor muscle training (PFMT)”</i></p>	<p>et al. (2023) it has been highlighted that the straining discomforts and poor flexibility in bones can be evolved as one of the major issues for adapting the pelvic floor muscle training in their daily routine. On the other hand, the lack of knowledge and poor understanding of body movement techniques can harm their nerve and motor activities by high straining. As per the view of Tennfjord et al. (2024) it has been evaluated that the deficiency of awareness of the importance of pelvic floor muscle training and financial constraints also tend to restrict so many old aged individuals to adapt this in their daily lives.</p>
<p>Buyuk et al. (2021) Zhu et al. (2022)</p>	<p><i>“Pelvic floor muscle training (PFMT) can significantly improve postural balance in older women and can increase physical activity levels of older males”</i></p>	<p>There are many studies and authentic websites have declared that the weaknesses of pelvic floor muscles are majorly and mostly seen in old aged females than males. According to the study by Buyuk et al. (2021) it has been stated that the pelvic floor muscle training can immensely help the old aged females to improve their postural balance because pelvic floor muscles are properly engaged and are used to contribute to core stability by supporting the pelvis and lower abdomen that is valuable for maintaining</p>





		<p>proper alignment and balance throughout the body. On the other hand, the study by Zhu et al. (2022) has highlighted that old aged men also tend to get an increased physical activity level in their body by initiating pelvic floor muscle training in their daily lives.</p>
<p>Akobundu et al. (2024) Giardulli et al. (2024)</p>	<p><i>“Group based training and supervised individual training can help the older individuals to be more comfortable and knowledgeable regarding the Pelvic floor muscle training (PFMT)”</i></p>	<p>Based on the major challenges of adapting and initiating the pelvic floor muscle training in old age, it can be stated that the increased comfort and awareness regarding the training are the most necessary recommendations. As per the study by Akobundu et al. (2024) it can be highlighted that “the group based training” for improving pelvic floor muscle condition can improve the social and cultural awareness in the old aged individuals for adapting the training sessions. On the other hand, the research article by Giardulli et al. (2024) has concluded that the supervised individual pelvic floor muscle training can reduce the discomforts of the old aged individuals to adapt the sessions. However, the supervised individual training and group training can accordingly meet the issues of discomfort and lack of awareness in the</p>



		old aged individuals.
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**Table 2: Thematic Analysis Table**

(Source: Self-Created)

#### 4.2 Discussion

The daily exercise of pelvic floor muscle training can accordingly help the old aged individuals to regain their daily activities supremely and can prevent the major issue of poor control in unnecessary and uncontrollable urinary leakage (Curillo-Aguirre and Gea-Izquierdo, 2023). Straining discomforts and poor flexibility in bones can be evolved as one of the major issues for adapting the pelvic floor muscle training in their daily routine (Tennfjord et al., 2024). On the other hand, the issues like lack of knowledge and poor understanding of body movement techniques can harm their nerve and motor activities by high straining.

Pelvic floor muscle training can immensely help the old aged females to improve their postural balance as well as the old aged men also tend to get an increased physical activity level in their body by initiating pelvic floor muscle training in their daily lives (Zhu et al., 2022). Based on the identified challenges, it can be suggested that the increasing awareness about the training sessions and reducing the discomfort for the training are the major points. Therefore, the study by Akobundu et al. (2024) has stated that the supervised individual training and group training can accordingly meet the issues of discomfort and lack of awareness in the old aged individuals.

#### V. Conclusion

The pelvic floor muscle training can immensely help the old aged individuals to prevent their unnecessary urinary activities and also can improve the postural balance in their body. The prevention of unnecessary urinary activities can also recover their issues of frequency leakage and several major to minor healthcare issues as well. The studies have found out that old aged individuals can also face different kinds of issues that can restrict them to initiate the pelvic floor muscle training sessions in their daily lives. These can include the straining discomforts, lack of knowledge and poor social awareness regarding the importance of the pelvic floor



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muscle training sessions. However, the findings have suggested that the group training sessions and the supervised individual training sessions can be the most effective solutions for addressing and mitigating the Identified issues. Therefore, it can be summarised that the “discussion and interpretation of the findings” indicates that the consideration of the pelvic floor muscle training sessions can be facilitating for the old aged individuals for preventing urinary issues.



## **VI. Acknowledgement**

I would like to gratitude my professor and supervisors for their excellent and unlimited support for conducting this research project. I am also thankful for the irreplaceable support provided by my seniors and my classmates throughout the research process.



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