Prévalence de l'incontinence urinaire d'effort chez la sportive de haut niveau

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INTRODUCTION

Incontinence urinaire : Perte d'urine involontaire

Incontinence urinaire **d'effort** : Perte d'urine involontaire à l'effort (rire, toux, éternuement, sport et autres activités physique), non précédée de la sensation de besoin

Incontinence urinaire par **hyperactivité de vessie** : perte involontaire d'urine, précédée par un besoin d'emblée urgent et non inhibé (besoin impérieux). Ces épisodes de fuite peuvent survenir au repos, la nuit, sans notion d'effort

Incontinence urinaire **mixte** : association des deux types précédents d'incontinence

Abrams P, Cardozo L, Fall M, Griffiths D, Rosier P, Ulmsten U, et al. The standardisation of terminology of lower urinary tract function: report from the standardisation sub-committee of the international continence society. Neurourol Urodyn. 2003;21(1):167–78 et https://www.ics.org/glossary

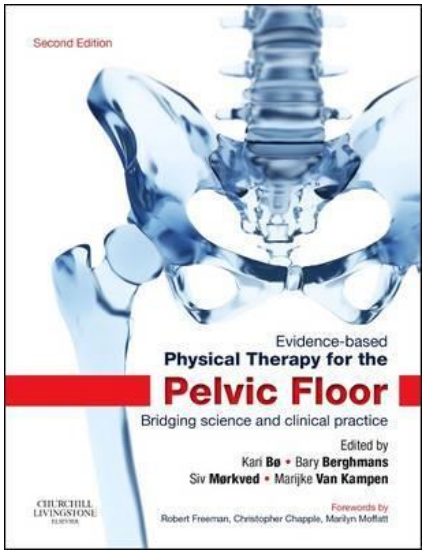
INTRODUCTION

Âge
Ménopause
Atteinte d'une maladie chronique
Homme blanc
Obésité
Nombre et type d'accouchement
Poids du nouveau né
Chirurgie gynécologique
Constipation intestinale
Consommation de drogue, tabac, caféine

Exercice...

Teixeira, R.V., Colla, C., Sbruzzi, G. et al. Int Urogynecol J (2018) 29: 1717. https://doi.org/10.1007/s00192-018-3651-1

INTRODUCTION



Kari Bø :

- ❏ Les muscles du plancher pelvien des sportives sont **compétents** mais **l'impact** élevé l'activité physique réalisée **augmente la pression intra-abdominale** les prédisposant à l'incontinence urinaire
- ❏ Les muscles du plancher pelvien des sportives sont **surchargés**, **étirés** et **faibles** à cause de l'**augmentation des pressions intra-abdominales** les prédisposant à l'incontinence urinaire

Bø K. Urinary incontinence, pelvic floor dysfunction, exercise and sport. Sports Med Auckl NZ. 2004;34(7):451-6 disponible ici : http://img2.timg.co.il/forums/1_129347510.pdf

INTRODUCTION

IUE

IU, HAV, IUM, quantité, fréquence, dysurie, incontinence fécale, constipation, douleur périnéale, troubles sexuels, fonction du sport, fonction de l'impact du sport, fonction du volume d'entraînement, impact bio-psycho-social, mesures préventives et curatives

MÉTHODE

PubMed

“urinary incontinence AND sport”

MÉTHODE

Recherche

Articles trouvés sur Pubmed n=305

Articles exclus après lecture du titre et du résumé n=253

Exclusion

Articles sélectionnés n=52

Articles exclus ne répondant pas aux critères
Langue étrangère=2
Population étudiée=7
Méta-analyse, revue systématique=15
Editorial, résumé=2

Inclusion

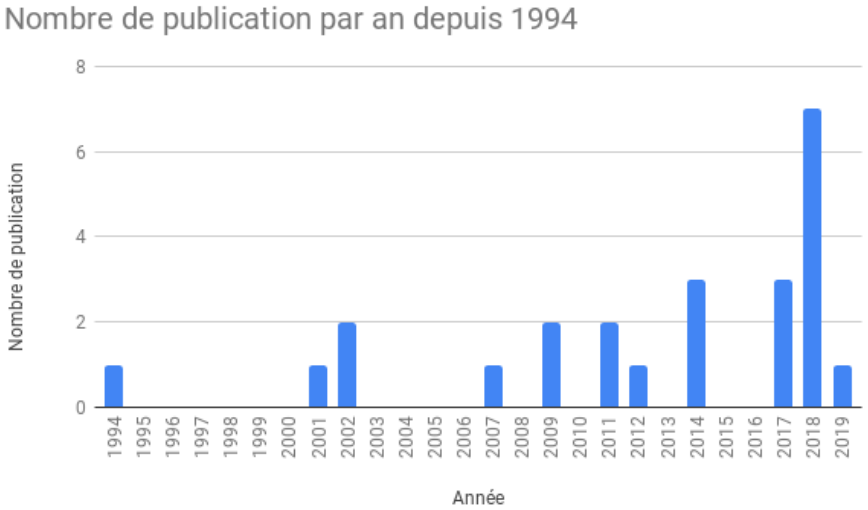
Etudes incluses n=26

RÉSULTATS

26 études transversales dont **6** avec groupe contrôle

23.6 ans âge moyen des sportives de haut niveau

5675 sportives de haut niveau et **2073** non sportives de haut niveau



ANALYSE

IUE 6.14% vs. 2.04% OR=3.49(1) à 80% (2) selon les études

IU 14.3% (3) à 80% (2) selon les études

HAV 3.8% (4) à 22.85% (5) selon les études

IUM 0.8% (3) à 34.78% (6) selon les études

(1) Hagovska M, Svihra J, Bukova A, Horbacz A, Svihrova V, The impact of physical activity measured by the International Physical Activity questionnaire on the prevalence of stress urinary incontinence in young women, European Journal of Obstetrics and Gynecology (2018), https://doi.org/10.1016/j.ejogrb.2018.07.011

(2) Eliasson K, Larsson T, & Mattsson E, Prevalence of stress incontinence in nulliparous elite trampolinists. Scand J Med Sci Sports, 2002. 12(2); p. 106–110

(3) Hagovska M, Ján Š, Buková A, Horbacz A, Dračková D, Švihrová V, et al. Correction: Prevalence of Urinary Incontinence in Females Performing High-Impact Exercises. Int J Sports Med. mars 2017;38(3):e1

(4) Carvalhais A, Natal Jorge R, Bø K. Performing high-level sport is strongly associated with urinary incontinence in elite athletes: a comparative study of 372 elite female athletes and 372 controls. Br J Sports Med. 22 juin 2017

(5) Schettino MT, Mainini G, Ercolano S, Vascone C, Scalzone G, D'Assisi D, et al. Risk of pelvic floor dysfunctions in young athletes. Clin Exp Obstet Gynecol. 2014;41(6):671-6.

(6) Amanda Maria Brito Cardoso, CláUdia Regina Oliveira De Paiva Lima & Caroline Wanderley Souto Ferreira (2018): Prevalence of urinary incontinence in high-impact sports athletes and their association with knowledge, attitude and practice about this dysfunction, European Journal of Sport Science, DOI: 10.1080/17461391.2018.1496146

ANALYSE

QUESTIONNAIRE SUBJECTIF

96.8% quelques gouttes (1)
90% quelques gouttes (2)
51.9% quelques gouttes (3)
44% quelques gouttes (4)
36.4% 1 goutte (3)
24.4% petit à modéré (5)
20% petite quantité (6)
11.4% grande quantité (6)
93.7% incontinence modérée (7)

PAD TEST (6)

33.3% pad test 1-20gr
28.8% pad test 20-40gr
27% pad test >40gr

(1) Amanda Maria Brito Cardoso, CláUdia Regina Oliveira De Paiva Lima & Caroline Wanderley Souto Ferreira (2018): Prevalence of urinary incontinence in high-impact sports athletes and their association with knowledge, attitude and practice about this dysfunction, European Journal of Sport Science, DOI: 10.1080/17461391.2018.1496146

(2) Carvalhais A, Natal Jorge R, Bø K. Performing high-level sport is strongly associated with urinary incontinence in elite athletes: a comparative study of 372 elite female athletes and 372 controls. Br J Sports Med. 22 juin 2017

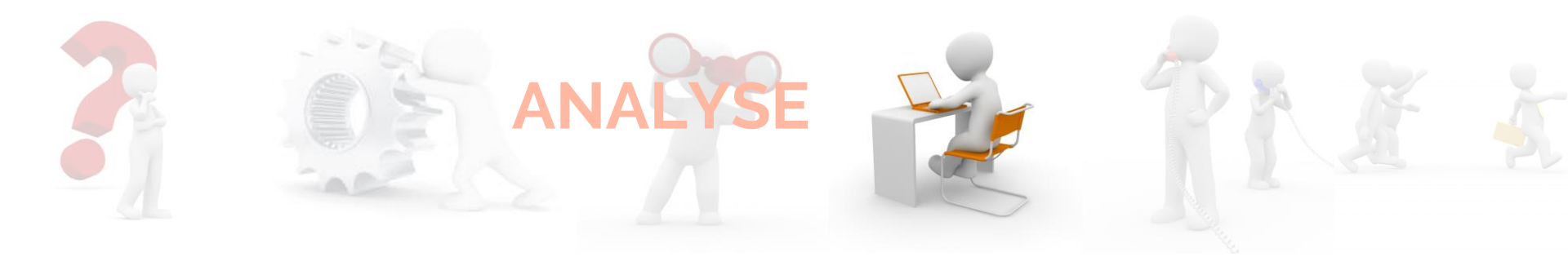
(3) Jácome C, Oliveira D, Marques A, Sá-Couto P. Prevalence and impact of urinary incontinence among female athletes. Int J Gynaecol Obstet Off Organ Int Fed Gynaecol Obstet. juill 2011;114(1):60-

(4) BØ, K., and J. S. BORGEN. Prevalence of stress and urge urinary incontinence in elite athletes and controls. *Med. Sci. Sports Exerc.*, Vol. 33, No. 11, 2001, pp. 1797–1802

(5) Kari Bø, Solfrid Bratland-Sanda, Jorunn Sundgot-Borgen. Urinary incontinence among group fitness instructors including yoga and pilates teachers. *Neurourology and urodynamics.* 30:370–373 (2011)

(6) K. Eliasson, T. Larsson, E. Mattsson. Prevalence of stress incontinence in nulliparous elite trampolinists. *Scand J Med Sci Sports* 2002: 12: 106–110

(7)Da Roza T, Brandão S, Mascarenhas T, Jorge RN, Duarte JA. Volume of training and the ranking level are associated with the leakage of urine in young female trampolinists. Clin J Sport Med Off J Can Acad Sport Med. mai 2015;25(3):270-5



ANALYSE

Une fois	5%	22.22%		
Rarement	30%	22.22%	**61.4%**	44%
Parfois	**55%**	**33.33%**	25%	**46,5%**
Fréquent	20%	22.22%		9.8%
	(1)	*(2)*	*(3)*	*(4)*

1/mois	17.3%			**74.19%**	**50.8%**
1/semaine	**80,8%**	**81%**	**62,7%**		
2-3/semaine		12.12%			
1/jour	1,9%	6.4%			
Tout le temps			2.7%		
	(5)	*(6)*	*(7)*	*(8)*	*(9)*

(1) Nygaard IE, Thompson FL, Svengalis SL, Albright JP. Urinary incontinence in elite nulliparous athletes. Obstet Gynecol. août 1994;84(2):183-7

(2) Santos ES, Caetano AS, Tavares MCGCF, Lopes MHBM. Urinary incontinence among physical education students. *Rev Esc Enferm USP* 2009; 43(2):306-11

(3) Jácome C, Oliveira D, Marques A, Sá-Couto P. Prevalence and impact of urinary incontinence among female athletes. Int J Gynaecol Obstet Off Organ Int Fed Gynaecol Obstet. juill 2011;114(1):60-

(4) Thyssen HH, Clevin L, Olesen S, Lose G. Urinary incontinence in elite female athletes and dancers. Int Urogynecol J Pelvic Floor Dysfunct. 2002;13(1):15-7

(5) Vitton V, Baumstarck-Barrau K, Brardjanian S, Caballe I, Bouvier M, Grimaud J-C. Impact of high-level sport practice on anal incontinence in a healthy young female population. J Womens Health 2002. mai 2011;20(5):757-63

(6) Kari Bø, Solfrid Bratland-Sanda, Jorunn Sundgot-Borgen. Urinary incontinence among group fitness instructors including yoga and pilates teachers. *Neurourology and urodynamics*. 30:370–373 (2011)

(7) Carvalhais A, Natal Jorge R, Bø K. Performing high-level sport is strongly associated with urinary incontinence in elite athletes: a comparative study of 372 elite female athletes and 372 controls. Br J Sports Med. 22 juin 2017

(8) Schettino MT, Mainini G, Ercolano S, Vascone C, Scalzone G, D'Assisi D, et al. Risk of pelvic floor dysfunctions in young athletes. Clin Exp Obstet Gynecol. 2014;41(6):671-6

(9)Amanda Maria Brito Cardoso, CláUdia Regina Oliveira De Paiva Lima & Caroline Wanderley Souto Ferreira (2018): Prevalence of urinary incontinence in high-impact sports athletes and their association with knowledge, attitude and practice about this dysfunction, European Journal of Sport Science, DOI: 10.1080/17461391.2018.1496146

ANALYSE

DYSURIE 23%(1) à 55.24% (2) en fonction des études

INCONTINENCE FÉCALE

14.8% vs. 4.9% OR=2.99(3) dont 80% gaz

CONSTIPATION

36%vs. 29.9% non sign. (3)

(1) Poświata A, Socha T, Opara J. Prevalence of stress urinary incontinence in elite female endurance athletes. J Hum Kinet. 9 déc 2014;44:91-6
(2) Schettino MT, Mainini G, Ercolano S, Vascone C, Scalzone G, D'Assisi D, et al. Risk of pelvic floor dysfunctions in young athletes. Clin Exp Obstet Gynecol. 2014;41(6):671-6
(3) Vitton V, Baumstarck-Barrau K, Brardjanian S, Caballe I, Bouvier M, Grimaud J-C. Impact of high-level sport practice on anal incontinence in a healthy young female population. J Womens Health 2002. mai 2011;20(5):757-63

ANALYSE

DOULEUR 7%(1) à 52.38% (2) en fonction des études

DYSPAREUNIES

20.1% vs. 8.4% p=0.002(3); OR=2.99(4) à 27.28%(5)

FONCTION SEXUELLE

44%(5) : 94% orgasme ou lubrification / 66% désir / 58% excitation / 34% satisfaction ; non sign.(6)

(1) Nygaard IE, Thompson FL, Svengalis SL, Albright JP. Urinary incontinence in elite nulliparous athletes. Obstet Gynecol. août 1994;84(2):183-7

(2) Schettino MT, Mainini G, Ercolano S, Vascone C, Scalzone G, D'Assisi D, et al. Risk of pelvic floor dysfunctions in young athletes. Clin Exp Obstet Gynecol. 2014;41(6):671-6

(3) Vitton V, Baumstarck-Barrau K, Brardjanian S, Caballe I, Bouvier M, Grimaud J-C. Impact of high-level sport practice on anal incontinence in a healthy young female population. J Womens Health 2002. mai 2011;20(5):757-63

(4) Amanda Maria Brito Cardoso, CláUdia Regina Oliveira De Paiva Lima & Caroline Wanderley Souto Ferreira (2018): Prevalence of urinary incontinence in high-impact sports athletes and their association with knowledge, attitude and practice about this dysfunction, European Journal of Sport Science, DOI: 10.1080/17461391.2018.1496146

(5) dos Santos, K.M., Huyer da Roza, T., da Silva, L.L., Wolpe, R.E., da Silva Honório, Gesilani.Jú., Tonon da Luz, S.C., Female sexual function and urinary incontinence in nulliparous athletes: An exploratory study, Physical Therapy in Sports (2018), doi: 10.1016/ j.ptsp.2018.06.004.

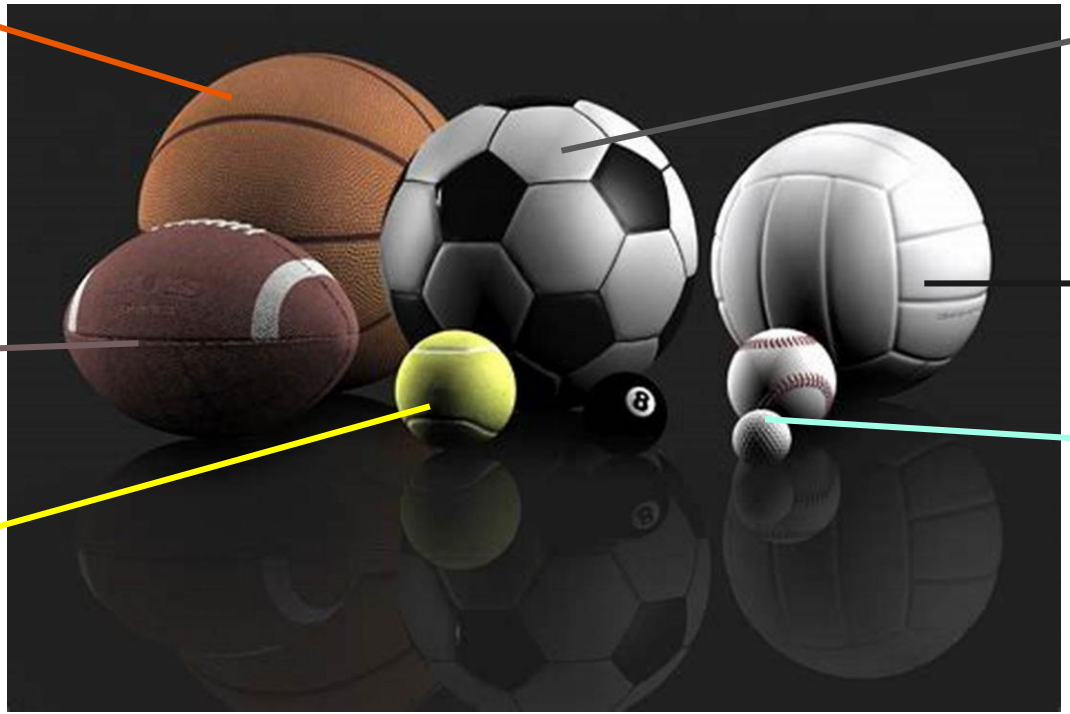
(6) Alanee S, Heiner J, Liu N, Monga M. Horseback riding: impact on sexual dysfunction and lower urinary tract symptoms in men and women. Urology 2009;73:109-14.

ANALYSE

24.1% (1)
16.6% (2)
14.7% OR=1.33 (3)
66% (4)
21% (5)
67% (7)

12.2% (1)

19% (1)
0% (2 ; 3)
50% (4)



16.2% (1)
0% (2)
5% OR=0.37 (3)
67% (7)

4.2% (1)
0% (2)
19.6% OR =2.16 (3)
9% (4)
30% (5)
63% (7)

0% (4)

HANDBALL
23.3% (1)
20% (2)
16.6% OR=1.57 (3)
21% (5)
73.3% (7)

ANALYSE

18.2% (1) natation synchronisé
16.1% (1) waterpolo
25% (2) aquagym
19.5% (6) sport aquatique

0% (1)
50% (2)
10% (4)
7.1% (6)

ANALYSE

18.2% (1)
23.8% OR=2.58 (3)
29% (4)
25% (5)
87.5% (7)

11.1% (2)
30% (4)
19.5% (6)

0% (2)
12.1% (6)

ANALYSE

6.9% OR=0.48 (3) ; **30%** saut jambe écart (4) ; **43%** (5)

0% step (1); **15.6%** fitness OR=1.44 (3); **32%** aérobie (5) ; **14%** musculation (6) ; **5.6%** Pilates (6)

ANALYSE

82.4% (1)
100% (2)
80% (8)

22.2% (1)
3.33% (2)
67% (4)
56% (5)

0% (1)
8.33% (2)

ANALYSE

NOMBRE D'HEURE/SEMAINE

DÉPEND DES ÉTUDES : **significatif** (1, 2, 3, 4, 5, 6) // non significatif (7, 8, 9)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	PUMP AND BURN Les Mills Pump •30 mins	THE PYRAMID T25 Gamma •30 mins CORE 1 22 Minute Hard Corps •22 mins	SWEAT INTERVALS Insanity Max 30 •30 mins	HAMMER POWER Hammer and Chisel •40 mins	PURE CARDIO Insanity •42 mins	PUMP AND SHRED Les Mills Pump •45 mins	DAY OFF
WEEK 2	CARDIO CHALLENGE Insanity Max 30 •30 mins ABS 10 CLASS Turbo Fire Deluxe •10 mins	THE CHALLENGE P90X3 •30 mins	CARDIO FIX EXTREME 21 Day Fix Extreme •30 mins 10 MINUTE HARDCORE ABS 21 Day Fix Extreme •10 mins	TOTAL BODY HAMMER Hammer and Chisel •44 mins	FRIDAY FIGHT: ROUND 1 Insanity Max 30 •30 mins	STRENGTH Insanity Asylum •47 mins	DAY OFF
WEEK 3	TABATA STRENGTH Insanity Max 30 •30 mins AB ATTACK:10 Insanity Max 30 •10 mins	ECCENTRIC UPPER P90X3 •30 mins	SPEED 3.0 T25 Gamma •29 mins AB RIPPER X3 P90X3 Elite •15 mins	DIRTY 30 EXTREME 21 Day Fix Extreme •30 mins	PLYOMETRIC CARDIO CIRCUIT Insanity •45 mins	PUMP REVOLUTION Les Mills Pump •55 mins	DAY OFF
WEEK 4	TABATA POWER Insanity Max 30 •30 mins	RIPT UP T25 Gamma •30 mins 10 MIN AB CHISEL Hammer and Chisel •11 mins	HIIT 1 - POWER Les Mills Combat •32 mins	HAMMER PLYOMETRICS Hammer and Chisel •27 mins 10 MIN AB HAMMER Hammer and Chisel •13 mins	CARDIO POWER & RESISTANCE Insanity •44 mins	SPEED & AGILITY Insanity Asylum •45 mins	DAY OFF

NOMBRE D'ANNÉE DE PRATIQUE

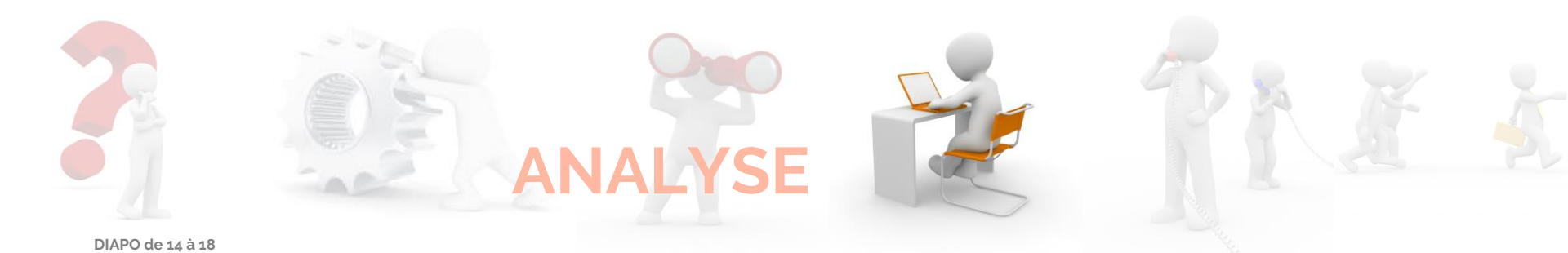
DÉPEND DES ÉTUDES : **significatif** (3, 4, 10, 11) // non significatif (6, 9)

NOMBRE D'ENTRAINEMENT/SEMAINE

NON SIGNIFICATIF (5, 11)

HAUT/FAIBLE IMPACT

SIGNIFICATIF (1, 2, 13, 14)



ANALYSE

DIAPO de 14 à 18

(1) Carvalhais A, Natal Jorge R, Bø K. Performing high-level sport is strongly associated with urinary incontinence in elite athletes: a comparative study of 372 elite female athletes and 372 controls. Br J Sports Med. 22 juin 2017

(2) Santos ES, Caetano AS, Tavares MCGCF, Lopes MHBM. Urinary incontinence among physical education students. *Rev Esc Enferm USP* 2009; 43(2):306-11

(3) Hagovska M, Švihra J, Buková A, Dračková D, Švihrová V. Prevalence and risk of sport types to stress urinary incontinence in sportswomen: A cross-sectional study. Neurourology and Urodynamics. 2018;1–8.

(4) Nygaard IE, Thompson FL, Svengalis SL, Albright JP. Urinary incontinence in elite nulliparous athletes. Obstet Gynecol. août 1994;84(2):183-7

(5) Thyssen HH, Clevin L, Olesen S, Lose G. Urinary incontinence in elite female athletes and dancers. Int Urogynecol J Pelvic Floor Dysfunct. 2002;13(1):15-7

(6) Fozzatti C, Riccetto C, Herrmann V, Brancalion MF, Raimondi M, Nascif CH, et al. Prevalence study of stress urinary incontinence in women who perform high-impact exercises. Int Urogynecology J. déc 2012;23(12):1687-91

(7) Amanda Maria Brito Cardoso, CláUdia Regina Oliveira De Paiva Lima & Caroline Wanderley Souto Ferreira (2018): Prevalence of urinary incontinence in high-impact sports athletes and their association with knowledge, attitude and practice about this dysfunction, European Journal of Sport Science, DOI: 10.1080/17461391.2018.1496146

(8) K. Eliasson, T. Larsson, E. Mattsson. Prevalence of stress incontinence in nulliparous elite trampolinists. *Scand J Med Sci Sports* 2002: 12: 106–110

DIAPO 20

(1) dos Santos, K.M., Huyer da Roza, T., da Silva, L.L., Wolpe, R.E., da Silva Honório, Gesilani.Jú., Tonon da Luz, S.C., Female sexual function and urinary incontinence in nulliparous athletes: An exploratory study, Physical Therapy in Sports (2018), doi: 10.1016/ j.ptsp.2018.06.004.

(2) Alves JO, Luz STD, Brandão S, Da Luz CM, Jorge RN, Da Roza T. Urinary Incontinence in Physically Active Young Women: Prevalence and Related Factors. Int J Sports Med. nov 2017;38(12):937-41

(3) Carvalhais A, Natal Jorge R, Bø K. Performing high-level sport is strongly associated with urinary incontinence in elite athletes: a comparative study of 372 elite female athletes and 372 controls. Br J Sports Med. 22 juin 2017

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(6) Logan BL, Foster-Johnson L, Zotos E. Urinary incontinence among adolescent female athletes. J Pediatr Urol. 24 févr 2018

(7) Schettino MT, Mainini G, Ercolano S, Vascone C, Scalzone G, D'Assisi D, et al. Risk of pelvic floor dysfunctions in young athletes. Clin Exp Obstet Gynecol. 2014;41(6):671-6

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(12) Nygaard IE, Thompson FL, Svengalis SL, Albright JP. Urinary incontinence in elite nulliparous athletes. Obstet Gynecol. août 1994;84(2):183-7

(13) Hagovska M, Svihra J, Bukova A, Horbacz A, Svihrova V, The impact of physical activity measured by the International Physical Activity questionnaire on the prevalence of stress urinary incontinence in young women, European Journal of Obstetrics and Gynecology (2018), https://doi.org/10.1016/j.ejogrb.2018.07.011

(14) Vitton V, Baumstarck-Barrau K, Brardjanian S, Caballe I, Bouvier M, Grimaud J-C. Impact of high-level sport practice on anal incontinence in a healthy young female population. J Womens Health 2002. mai 2011;20(5):757-63

ANALYSE

ENTRAÎNEMENT

14% (1) à 100% (2) selon les études

COMPÉTITION

0% (1) à 51.2% (3) selon les études

EN FIN D'ENTRAÎNEMENT

60% (2) à 84.1%(4)

(1) Nygaard IE, Thompson FL, Svengalis SL, Albright JP. Urinary incontinence in elite nulliparous athletes. Obstet Gynecol. août 1994;84(2):183-7

(2) K. Eliasson, T. Larsson, E. Mattsson. Prevalence of stress incontinence in nulliparous elite trampolinists. *Scand J Med Sci Sports* 2002: 12: 106–110

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ANALYSE

PROBLÈME SOCIAL ET HYGIÉNIQUE

15%(1) à 51.4%(2) en fonction des études

QUALITÉ DE VIE

DÉPEND DES ÉTUDES : significatif (3, 4) // non significatif (5,6)

SPORT ET PERFORMANCE SPORTIVES

16%(7) à 39.1%(8) en fonction des études

(1) BØ, K., and J. S. BORGEN. Prevalence of stress and urge urinary incontinence in elite athletes and controls. *Med. Sci. Sports Exerc.*, Vol. 33, No. 11, 2001, pp. 1797–1802

(2) K. Eliasson, T. Larsson, E. Mattsson. Prevalence of stress incontinence in nulliparous elite trampolinists. *Scand J Med Sci Sports* 2002: 12: 106–110

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(6) Alves JO, Luz STD, Brandão S, Da Luz CM, Jorge RN, Da Roza T. Urinary Incontinence in Physically Active Young Women: Prevalence and Related Factors. Int J Sports Med. nov 2017;38(12):937-41

(7) Carls C. The prevalence of stress urinary incontinence in high school and college-age female athletes in the midwest: implications for education and prevention. Urol Nurs. févr 2007;27(1):21-4, 39

(8) Carvalhais A, Natal Jorge R, Bø K. Performing high-level sport is strongly associated with urinary incontinence in elite athletes: a comparative study of 372 elite female athletes and 372 controls. Br J Sports Med. 22 juin 2017

ANALYSE

PROTECTION

12% (1) à 34.3% (2) en fonction des études

sport 40% (3) à 65.7% (2) en fonction des études

VIDANGE VÉSICALE PRÉVENTIVE

37% (4) à 100% (5) en fonction des études

RESTRICTION HYDRIQUE

6.6% (6) à 15% (7²) en fonction des études

(1) Amanda Maria Brito Cardoso, CláUdia Regina Oliveira De Paiva Lima & Caroline Wanderley Souto Ferreira (2018): Prevalence of urinary incontinence in high-impact sports athletes and their association with knowledge, attitude and practice about this dysfunction, European Journal of Sport Science, DOI: 10.1080/17461391.2018.1496146

(2) K. Eliasson, T. Larsson, E. Mattsson. Prevalence of stress incontinence in nulliparous elite trampolinists. *Scand J Med Sci Sports* 2002: 12: 106–110

(3) Schettino MT, Mainini G, Ercolano S, Vascone C, Scalzone G, D'Assisi D, et al. Risk of pelvic floor dysfunctions in young athletes. Clin Exp Obstet Gynecol. 2014;41(6):671-6

(4) Nygaard IE, Thompson FL, Svengalis SL, Albright JP. Urinary incontinence in elite nulliparous athletes. Obstet Gynecol. août 1994;84(2):183-7

(5) Jácome C, Oliveira D, Marques A, Sá-Couto P. Prevalence and impact of urinary incontinence among female athletes. Int J Gynaecol Obstet Off Organ Int Fed Gynaecol Obstet. juill 2011;114(1):60-

(6) Thyssen HH, Clevin L, Olesen S, Lose G. Urinary incontinence in elite female athletes and dancers. Int Urogynecol J Pelvic Floor Dysfunct. 2002;13(1):15-7

(7) BØ, K., and J. S. BORGEN. Prevalence of stress and urge urinary incontinence in elite athletes and controls. *Med. Sci. Sports Exerc.*, Vol. 33, No. 11, 2001, pp. 1797–1802

ANALYSE

EN A PARLÉ

8% (1) à 39.6% (2) en fonction des études

EN A PARLÉ AVEC UN PROF. DE SANTÉ

3.3% (3) à 4.5% (2) en fonction des études

RÉÉDUCATION

91% ne connaissent pas les exercices de Kegel (1)

4.6% ont réalisé des exercices de renforcement du plancher pelvien (3)

0% ont des connaissances pratiques et 0% ont vu un physiothérapeute (4)

(1) Carls C. The prevalence of stress urinary incontinence in high school and college-age female athletes in the midwest: implications for education and prevention. Urol Nurs. févr 2007;27(1):21-4, 39

(2) Jácome C, Oliveira D, Marques A, Sá-Couto P. Prevalence and impact of urinary incontinence among female athletes. Int J Gynaecol Obstet Off Organ Int Fed Gynaecol Obstet. juill 2011;114(1):60

(3) Thyssen HH, Clevin L, Olesen S, Lose G. Urinary incontinence in elite female athletes and dancers. Int Urogynecol J Pelvic Floor Dysfunct. 2002;13(1):15-7

(4) Amanda Maria Brito Cardoso, CláUdia Regina Oliveira De Paiva Lima & Caroline Wanderley Souto Ferreira (2018): Prevalence of urinary incontinence in high-impact sports athletes and their association with knowledge, attitude and practice about this dysfunction, European Journal of Sport Science, DOI: 10.1080/17461391.2018.1496146

DISCUSSION

DIAPORAMA DISPONIBLE : www.centredessavoyances.com et www.cssportetperformance.com

DIAPO DU LUNDI

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