

# Modified Pilates as an adjunct treatment for urinary incontinence

**Submission date**  
12/12/2012

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
12/12/2012

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
03/07/2018

**Condition category**  
Urological and Genital Diseases

☐ Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
12421

## Study information

**Scientific Title**  
Modified Pilates as an adjunct to standard physiotherapy care for urinary incontinence: a pilot study

## **Study objectives**

Urinary incontinence is a distressing condition affecting more than 5 million women in the UK. Treatment usually involves pelvic floor exercises (pelvic floor muscles are those that control continence mechanisms). More recently Modified Pilates (MP) has been suggested as an additional means of improving symptoms and the quality of life of sufferers. MP is a mind-body technique involving slow controlled movements focusing on posture and breathing.

However, no research has evaluated the effectiveness of MP in a group setting for patients suffering from urinary incontinence.

To properly evaluate the effectiveness of MP a large randomised clinical trial will be necessary. In preparation we are planning a smaller (pilot) study to provide some early information, and help design the larger study.

In the pilot study 100 women will be randomly assigned to two groups:

Group 1 will receive pelvic floor exercises and lifestyle advice only

Group 2 will attend a 6 week course of MP classes in addition to receiving pelvic floor exercises and lifestyle advice

Participants in the two groups will be matched according to their height/weight ratio and severity of symptoms.

Both groups will be assessed at the start of the study, when they have completed their treatment, and 5 months later.

Measures will include severity of symptoms, frequency of incontinence, quality of life, self-and number of individual treatment sessions. Some participants will also be interviewed about their experiences of the treatments to explore perceived benefits and limitations.

Findings will inform design of the larger trial, provide information about the feasibility of offering MP to this patient group, and produce preliminary findings about its effectiveness. Findings will be sent to patient and professional interest groups and to service commissioners.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

First MREC, 18/07/2012, ref: 12/EE/0241

## **Study design**

Randomised interventional study

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Renal and Urogenital Disease

## **Interventions**

Modified Pilates (MP)

Treatment usually involves pelvic floor exercises (pelvic floor muscles are those that control continence mechanisms). The intervention group receives pelvic floor exercises and modified pilates (MP). MP is a mind-body technique involving slow controlled movements focusing on posture and breathing.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

1. Symptom severity index (SSI)
2. Incontinence related quality of life
3. Rosenberg self esteem index

## **Key secondary outcome(s)**

No secondary outcome measures

## **Completion date**

04/02/2014

# **Eligibility**

## **Key inclusion criteria**

1. Women aged 18 and over
2. Diagnosed with stress, urge, or mixed UI (defined by Abrams et al [25])
3. Medically fit to perform physical activity

## **Participant type(s)**

Patient

## **Healthy volunteers allowed**

No

## **Age group**

Adult

## **Lower age limit**

18 years

## **Sex**

Female

## **Key exclusion criteria**

1. Aged under 18 years
2. No UI diagnosis
3. Unable to actively contract pelvic floor muscles
4. Suffering faecal incontinence
5. Pregnant
6. History of pelvic malignancy

7. Received gynaecological surgery in previous 6 months
8. Given birth in previous 6 months
9. Disease of Central Nervous System (e.g. Multiple Sclerosis, Cerebrovascular accident)
10. Unable to walk without walking aid
11. Having insufficient mental capacity to complete questionnaires and/or follow exercise instructions (according to the principles of the Mental Capacity Act 2005)

**Date of first enrolment**

05/10/2012

**Date of final enrolment**

04/02/2014

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**University of Essex**

Colchester

United Kingdom

CO4 3SQ

## **Sponsor information**

**Organisation**

Colchester Hospital University NHS Foundation Trust (UK)

## **Funder(s)**

**Funder type**

Government

**Funder Name**

NIHR Research for Patient Benefit Programme (UK) ref: PB-PG-1010-23220

## **Results and Publications**

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	12/01/2018		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes