

ABSTRACT

Objectives: This study aims to investigate the difference of pelvic floor muscles strength before and after *Senam Beser* in female elderly patients with stress urinary incontinence.

Design: Pre test – post test group design.

Setting: Public hall of Karang Werda Melati Kertajaya Surabaya and Physical Medicine and Rehabilitation Outpatient clinic.

Participants: Eleven participants (mean age 66,9 years old; range 60 to 74 years old)

Interventions: Intervention with *senam beser* were applied to the eleven participants. Three times per week, for 6 weeks treatment sessions were performed in all patients.

Main Outcome Measurements: Pelvic floor muscles strength were evaluated with Myomed 932 before and after intervention, Physical Function outcome evaluation for urinary incontinence with ICIQ-SF were evaluated before and after intervention.

Results: The outcome measurements (maximal pelvic floor muscles strength) improved significantly in the group post-treatment ($p < 0.05$). No significant difference in minimal pelvic floor muscles strength. Frequency of urine leakage improved in 54,5% participants.

Conclusion: Significant improvements in maximal pelvic floor muscles strength, clinical signs and physical functions were attained in all participants post-intervention. However, minimal pelvic floor muscles strength was increased but not significant. *Senam beser* appears to be effective to increase maximal pelvic floor muscles strength.

Key words: pelvic floor muscles strength; stress urinary incontinence; *senam beser*, female elderly.