

# RPMS STUDY 2

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JOURNAL OF GERIATRICS AND GERONTOLOGY, 2017

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**Schrank, S., Adlbrecht, L., Mayer, H.**, Repetitive peripheral muscle stimulation versus pelvic floor training two incontinence treatments in comparison, Zeitschrift für Geriatrie und Gerontologie

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## EVALUATION AND COMPARISON OF TWO **INCONTINENCE TREATMENTS** UTILISED DURING THE CARE OF OLDER PERSONS WITH INCONTINENCE ISSUES.

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**EXCERPT:** This study investigated the effectiveness of RPMS and classic pelvic floor training on a total of 112 study participants over a period of 12 weeks.

The findings indicate that the subjective feeling of stress of the RPMS subjects dropped significantly over the course of therapy, which represents a significant increase in the average quality of life where urinary incontinence was concerned.

The pelvic floor subjects also experienced a subjective improvement in their stress levels and thus an enhancement in their quality of life – although nowhere near as significant a level as in the RPMS group. RPMS subjects were therefore significantly more satisfied with the training and most of them would endorse its use.

We will gladly send you more **information** about this and other **studies**. Just contact us at: [office@pelvipower.com](mailto:office@pelvipower.com)