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Nim : E2016006

Program Studi DIV Fisioterapi

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OVERCOMING URINE INCONTINENCE IN LANS WITH PILATES EXERCISE

ESSENCE

Background: *elderly (seniors) is someone who has reached the age of more than 60 years, both male and female. The adult stage is the stage where the body reaches its maximum point of development. The elderly experience significant anatomical and physiological changes due to the reduced number and ability of body cells causing health problems experienced by the elderly, including urinary incontinence. Urinary incontinence is involuntary excretion of urine (unconscious / wet) which occurs when they cough, sneeze or lift objects, this occurs due to weakening of the pelvic floor muscles and bladder.* **Objective:** *to determine the procedure for implementing pilates exercise as a reference in overcoming urinary incontinence in the elderly.* **Methods:** *the method used was using IEC media, namely the pocket book as a tool to improve knowledge and skills of physiotherapy, integrated healthcare center and elderly people in handling urinary incontinence in the elderly.* **Result:** *The pocket book IEC media will be distributed to physiotherapists, integrated healthcare center and the elderly as an easy and practical guide in conducting interventions.* **Conclusion:** *as a medium of education and information for physiotherapy, posyandu cadres, the elderly and facilitate the intervention of Pilates exercise.*

Keywords : *Elderly, Urine Incontentence, Pilates Exercise, Pocket Book*