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PERCEIVED PELVIC FLOOR MUSCLE CONTRACTION IN TRAINING PROGRAM ON WOMEN OF SIX-WEEK POSTPARTUM

Hypothesis / aims of study

In general exercise, compliance to exercise regularly is one of the barriers of exercise performance (1). However, for pelvic floor muscle (PFM), invisible and easily forgetful, is there any other factor rather than compliance influencing its performance? And, most women would be to go through pregnancy and childbirth, this can also be considered a risk periods for injuries to the PFM and development of pelvic floor dysfunction. (2) Especially, parity and mode of delivery, its will affect PFM healthy.(3) The aim of the study was to explore what would be the factor influencing PFM contraction activity other than PFM exercise compliance.

Study design, materials and methods

Pelvic floor muscle training program (PFMTP) was proposed able and to help women to be aware of the position and function of PFM by pelvic model, PFM exercise guidebook and surface electromyography. The PFM contraction activity, the average activity level (in microvolts) of the PFM contraction, was measured by *FemiScan-2-Clinic*. The sample, 6-week postpartum women, was recruited from a medical center in central Taiwan. The study was a one-group pretest-posttest design. The PFM contraction activity were collected both prior to the PFMTP (approximately lasted 40 minutes) and assessed again and immediately after the training program.

Results

A total of 32 women were purposefully recruited. Mean age was 30.35±3.89 (range 20-40) years. Three fourths of them were primiparous. We found that PFM contraction activity level after PFMTP was statistically higher than that before PFMTP (t=-2.615 / p=0.014). Furthermore, women with cesarean section had significantly higher contraction activity level than women with normal spontaneous delivery. Women without perineal laceration had significantly higher contraction activity level than women with second degree of laceration. Women who had newborn birth body weight (BBW) lower than 2500 grams had significantly higher contraction activity level than women with newborn BBW above 2500grams.

Interpretation of results

The study shows that to increase the cognition of PFM in subjects to help them know the position of PFM and to aware the contraction of PFM by the subjects themselves will exactly increase the PFM contraction activity. And the intact of PFM is the influence factor of PFM contraction activity or nor, is worth to further explore.

Concluding message

Women are being aware of the position and function of PFM, even only for 40 minutes, has positive effect on their PFM contraction activity. However, whether the intact of PFM is one of the intervening factors of PFM performance warrants further study.

References

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Was the Declaration of Helsinki followed?	**Yes**
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