

Take Home Message

Pelvic floor function was impaired in both women with UI and those with symptomatic POP without urinary incontinence, with greater impairment in the POP group.

Characterisation of pelvic floor muscle function in women with UI and pelvic organ prolapse: a cross-sectional study

Aims of study

The **aim** was to characterize and compare pelvic floor muscle (PFM) function in women with UI and pelvic organ prolapse without IU.

Study Design, Materials And Methods

This observational, cross-sectional, descriptive study included women aged ≥ 18 years with a clinical diagnosis of UI or POP. PFM function was assessed using the Modified Oxford Scale. POP was staged according to the Pelvic Organ Prolapse Quantification (POP-Q) system (stages I–IV). Prolapse reduction was performed during PFM assessment when necessary.

Results

A total of **168** women underwent physical examination, including 102 with UI and 66 with POP. The groups were comparable in terms of age (mean 62 years) and body mass index (mean 28 kg/m^2)

Table 1. Distribution of PFM evaluation mean values in women with UI and Prolapse

Group	Oxford grading scale (0–5)	Endurance (seconds)	Repeatability of contraction	Number of rapid contractions	p-value
UI	2.88 ± 1.54	4.34 ± 3.08	5.13 ± 2.98	5.82 ± 3.67	0,001
POP	1.8 ± 1.43	2.2 ± 2.72	1.89 ± 3.14	3.2 ± 4.03	

Significant difference: UI > POP.

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