

Impact of regular physical activity during pregnancy on the incidence and severity of episiotomy and perineal trauma: A population-based retrospective analysis

Background

Episiotomy and perineal trauma affect postpartum recovery and pelvic floor function, impacting women's quality of life.

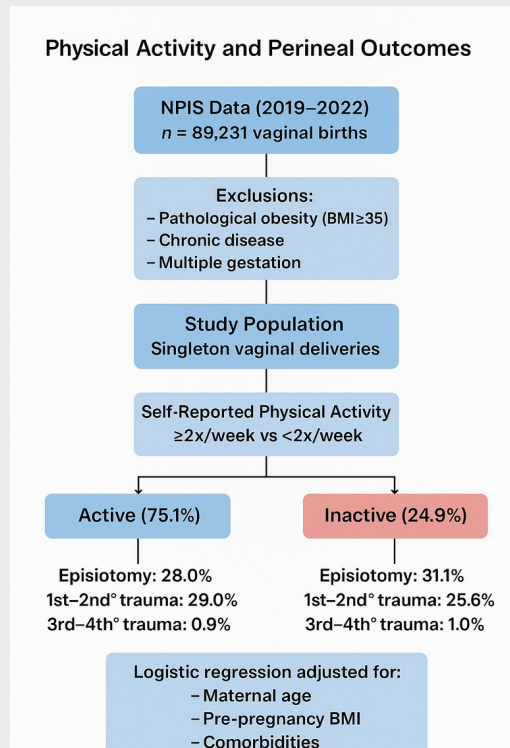
Physical activity and pelvic floor muscle training may reduce severe perineal trauma and improve tissue elasticity.

Aim of the Study

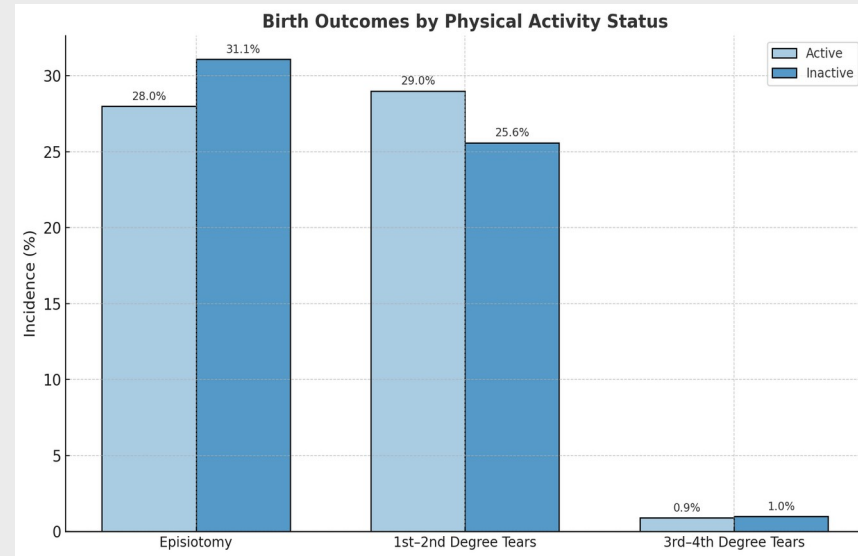
To examine whether regular physical activity during pregnancy is associated with:

- Fewer episiotomies,
- incidence of 3rd–4th degree perineal trauma,
- Incidence of 1st–2nd degree tears.

Methods



Results



Implications

Regular physical activity reduces episiotomy rates, supporting a more natural birth process.

It is associated with a slight increase in minor tears (1st-2nd degree), which are not harmful and most likely reflect the more natural course of delivery with fewer surgical interventions.

There was no rise in severe injury (3rd-4th degree), further confirming that prenatal physical activity is safe.

These findings highlight the value of including physical activity counseling in routine prenatal care as a cost-effective and high-impact intervention.

Active pregnancy = fewer episiotomies, no added risk, better recovery.

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