INCREASE IN FORCE MAINTENANCE OF THE PELVIC FLOOR WHEN ASSOCIATED WITH HIP ABDUCTION

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**Background**

Pelvic floor muscle dysfunctions

- urinary/ fecal incontinence
- genital prolapse
- sexual dysfunction

**First line treatment:** Pelvic floor muscle training

**Could hip abduction improve the quality of pelvic floor contraction?**

**Methods**

- Nine healthy nulliparous woman (28±4 y)
- 2 maximum add/abduction isometric contractions around the tights
  - 1- passive force (after 1m rest)
  - 2- pelvic floor maximum contractions (10s)
- @ 100Hz, low-pass 8Hz, subtracted from the passive force
- Randomic order
- 3 trials for each condition

**Results**

- Higher pelvic floor strength when associated with hip abduction (30%)
- Negative rate of force decrement when associated with hip abduction (30%)

**Conclusions**

Contracting the pelvic floor muscles together with hip abductors results in a better strength maintenance.

The association of pelvic floor exercises with hip abduction is more effective than with hip adduction during the pelvic floor strengthening practice.

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