High prevalence rates of urinary incontinence (UI) in athletes have been reported. Few studies have been published regarding UI intervention protocols.

Aim: To evaluate the prevalence of UI and analyse the impact of pelvic floor muscle training (PFMT) on urine loss in female football athletes.

Conclusion: Prevalence of UI among female football players was high. After 10 weeks of PFMT the amount of urinary leakage has decreased and pelvic floor muscle strength has increased.

Quasi-experimental study

Participants characteristics

<table>
<thead>
<tr>
<th>(n=26)</th>
<th>Median (IQR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>20.0 (7.0)</td>
</tr>
<tr>
<td>BMI</td>
<td>22.3 (5.3)</td>
</tr>
<tr>
<td>Sports practice duration (y)</td>
<td>3.0 (0.0)</td>
</tr>
<tr>
<td>Sports practice frequency (h/w)</td>
<td>2.0 (1.0)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UIRinary infection (yes)</th>
<th>n (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rarely</td>
<td>8 (30.8)</td>
</tr>
<tr>
<td>Frequently</td>
<td>1 (3.8)</td>
</tr>
<tr>
<td>Urinary incontinence (yes)</td>
<td>11 (42.3)</td>
</tr>
</tbody>
</table>

BMI: body mass index; IQR: Interquartile range; UI: urinary incontinence; w: week; y: years

Data collection

- Questionnaires
  - Background variables
  - ICIQ-UI-SF

20 min Pad test (g)

PFM variables:
- Resting pressure (cmH₂O)
- MVC (cmH₂O)
- Endurance (s)

UI is high among female football players. PFMT could be incorporated into their training programmes. More research is needed to determine optimal PFMT protocols for athletes.